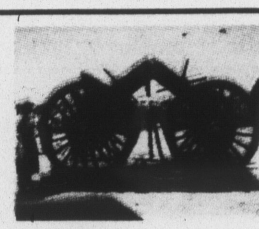


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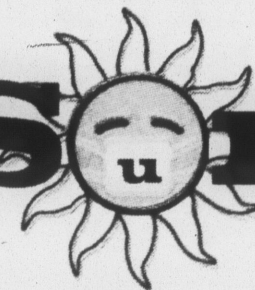
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# The Quincy Sun



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CONGRATULATIONS, MR. SPEAKER - Quincy state Rep. Ron Mariano (center) receives congratulations from fellow Quincy legislators Rep. Dan Hunt (left) and Bruce Ayers (right) after his election as the new speaker of the Massachusetts House of Representatives Dec. 30. This photo was taken in the House chamber. Speaker Mariano is the third Quincy resident to serve as speaker of the Massachusetts House of Representatives; the others are John Hancock, who later became the first governor of Massachusetts; and Col. John Quincy, for whom the City of Quincy is named.  
Photo Courtesy Bruce Ayers

## Mariano Sets Goals As New House Speaker

*Bolstering State's Infrastructure, Creating New Housing, Strengthening Community Hospitals Among Priorities*

By SCOTT JACKSON

After being elected the speaker of the Massachusetts House of Representatives by his peers, Rep. Ronald Mariano highlighted a number of issues he plans to tackle, from addressing the impacts of the pandemic to bolstering the state's infrastructure, creating new housing, strengthening community hospitals, and holding the line on pharmaceutical costs.

Mariano, a Quincy Democrat, is the third Quincy resident elected speaker of the House and the first since the 18th century. He succeeds Robert DeLeo, a Winthrop Democrat, as speaker. DeLeo had served as speaker since 2009 before resigning from the post on Dec. 29.

Mariano, age 74, has served in the House since winning a 1991

special election and was re-elected to a sixteenth term in November. Mariano had served as the majority leader in the House since 2011 and was the assistant majority leader for two years prior to that. He also served on the Quincy School Committee from 1989 to 2009.

No other Democrats ran for the speakership and Mariano received 123 votes in the Dec. 30 election; all 31 Republicans in the House voted for Minority Leader Bradley Jones. Mariano will be re-elected to a new term as speaker this week when the House convenes for the start of a new two-year session.

In his remarks following the Dec. 30 vote, which appear in full on Page 13, Mariano said, "It is true honor to be elected Speaker

Cont'd On Page 12

## Demand For Quincy Real Estate Strong In 2020

By SCOTT JACKSON

The average sale price for real estate in Quincy rose last year as demand for property stayed strong despite the pandemic.

That trend will likely continue into this year, said William O'Donnell, the Norfolk County register of deeds.

In a recent interview, O'Donnell

said the total number of deeds his office recorded during the first 11 months of 2020 was slightly lower than the number recorded during the same period in 2019. Countywide, there were 16,387 deeds recorded through Nov. 30 of last year compared to the 16,506 that were recorded in 2019. The number of deeds recorded for Quincy prop-

erties was likewise down, from 1,937 in 2019 to 1,803 in 2020.

"Overall, the deeds were slightly down. They were up the last few months, but they were slightly down," for the year, O'Donnell said.

While the number of deeds recorded was down last year, prices rose both in Quincy and in the

county as a whole. Countywide, the average sale price for properties - including commercial and residential - increased by 9 percent to \$885,500 from \$814,000. In Quincy, the average sale price rose by 8 percent to \$613,000 from \$568,000.

The increase in sales prices was a result of low inventory

and a rising demand for property, O'Donnell said.

"Even though the number of deeds might be over the year slightly down, people are telling us there is limited inventory. We hear stories from brokers that if the property is priced right, there are multiple offers," he said. "The

Cont'd On Page 2

## 4,500 Coronavirus Cases Reported Here Last Year

By SCOTT JACKSON

There were more than 4,500 cases of COVID-19 reported in Quincy through the end of 2020 and the death toll from the virus reached 141.

The city has also begun admin-

istering vaccines to members of the Quincy Fire and Police Departments.

Health Commissioner Ruth Jones on Monday said there were 4,505 confirmed cases of COVID-19 in the city from the begin-

ning of the pandemic in early 2020 through Dec. 31, including 141 deaths.

The number of cases in Quincy continues to climb in the new year. Jones said there were a total of 4,672 cases in the city as of Sun-

day, 704 of which were active.

Statewide, 371,097 COVID-19 cases had been confirmed as of Sunday and the death toll reached 12,610. The estimated number of active cases statewide stood at 79,261, including 2,291 who are

currently hospitalized and 416 who are in intensive care units.

Quincy remained a red community in the weekly community report published by the state Department of Public Health on

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Weight Loss Solutions For The New Year - Page 9  
MBTA Service Reductions This Month - Page 17

More Quincy news:  
**The Quincy Sun.com**



# Demand For Quincy Real Estate Strong In 2020

Cont'd From Page 1

prices have been up probably because of the limited inventory that you see here."

O'Donnell noted that new homebuyers have been leaving Boston for the suburbs amid the pandemic.

"As far as sale prices going up – and clearly they are going up in Quincy – I think it because you are seeing more and more people trying to get into the market," he said. "There might be people that were renting in Boston, participating in the urban life of say South Boston, who are suddenly because of COVID – where city living might not be the same as it was before COVID – are saying, 'Hey, maybe it is time to settle down and get a house somewhere out in Norfolk County.'"

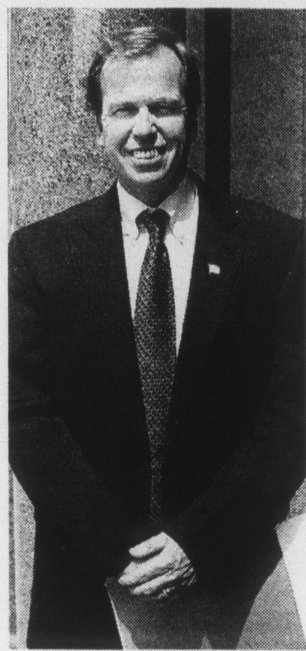
"The other thing is, people don't seem tied to their offices anymore with re-

mote work. People used to look at areas because they were near work – you hop on the T and get to work. Now people, if they are working remotely, I think their geographic boundaries have expanded a little bit."

"In any event," O'Donnell added. "Norfolk County's numbers seem to be healthy and there is competition for a limited amount of real inventory. When you have competition for a limited amount of real estate inventory, you are going to see prices go up and we have seen that in those numbers. Here we are in a pandemic and...the numbers are up 9 percent in Norfolk County and 8 percent in Quincy."

The same trend is expected to carry on into 2021, O'Donnell stated.

"I see that trend continuing," he said. "Depending on the area, there is still going



**NORFOLK REGISTER OF DEEDS** William O'Donnell said 2020 was a strong year for real estate in Quincy. O'Donnell noted new homebuyers have been leaving Boston for the suburbs amid the pandemic. "As far as sale prices going up – and clearly they are going up in Quincy – I think it because you are seeing more and more people trying to get into the market," he said.

to be a healthy competition for limited real estate. When you have increased demand and a limited supply, I think you're going to see prices still continue to go up – especially if more and more people are jumping in. More and more young people who might have been, as I said, participating in the urban life and living in Boston who are saying, 'With COVID, it's not what it used to be, so I might as well look.'

"Another reason demand might go up – people are working remotely, so suddenly you are in this small little rental and you might have three or four people renting in the spot and you need a place for your office, so what does that mean? Well, let's look out in some of these communities where

I might get a house because I need a room to have an office for my remote work."

People looking to buy homes in Norfolk County are looking at some of the more suburban areas of the county, O'Donnell said, but also at places closer to Boston, including Quincy.

"You see people going further and further out to the Stoughtons and the Foxboroughs. There has always been strong demand for Dedham I think because of how close it is to Boston and they put some additional T stops there on the commuter line," he said.

"In Norfolk County, we also see the closer you are to the city, there is an attraction. Quincy is close to the city. Brookline is close to the city of Boston. Wellesley and Needham are communities that still have seen a big demand and a very robust real estate economy."

"You have some of the communities in Norfolk County that are further out that people say, 'I could get a little more for my money,' and you still have people who like being close to the city and demand is reflected in that."

Quincy, he said, is an attractive place to live in part because of its location.

"I always say this about Quincy: Quincy is a very attractive place to live," O'Donnell stated. "You're close to Boston, close to the Cape. We're just very lucky to be living in New England...on a tank full of gas you could go up to Maine or go down to Cape Cod."

"Quincy is very well-positioned and well-run and it's a great city to live in. That's why you see the prices going up like you have."

He also noted Quincy has a mix of housing, meaning residents looking to move out of apartments have options if they want to stay in the city.

"The thing about Quincy is it is a city of mixed housing, because you still have a lot of single-family housing and multi-family housing that has enough space that could accommodate somebody [putting] an office in," O'Donnell said.

"You have that ability here in Quincy with single families and two families. You get the best of both worlds – you get a little bigger space to live in but you're still in Quincy. You get all the attractions of Quincy. You're on the water and you're still close to Boston among other places like Cape Cod."

While he believes the real estate market will remain strong this year, O'Donnell noted many people have been impacted financially by the pandemic and that could have an effect on the market.

"The only caveat I have is there are people who have been hurt economically by this COVID crisis. There are people who have had either their jobs totally taken away or the hours of their job or the amount of money they are getting from the job impacted," he said. "So, at what point does that tough part of the economy start catching up with the real estate market?"

The state had imposed a moratorium on evictions and foreclosures at the start of the pandemic; that moratorium ended in October.

"That ban on evictions and foreclosures was lifted on Oct. 17, so it is just getting started and we really haven't seen it in Norfolk County. Countywide in November there were three foreclosure deeds and nine notices to foreclose. The good news in Quincy is there was zero foreclosure deeds and one notice to foreclose in November," O'Donnell said. "Time will tell on how that goes."

O'Donnell said anyone concerned about foreclosure should reach out to Quincy Community Action Programs, NeighborWorks Housing Solutions, or the Attorney General's Office for assistance.

The Norfolk County Registry of Deeds has remained open throughout the pandemic, something O'Donnell said not all of its counterparts in the state have been able to do. O'Donnell said modernization initiatives since he first became register have helped

keep things running.

"Since I became register, we've prided ourselves on modernization initiatives," he said. "When I look back on some of these modernization initiatives, we implemented them to run the registry like a business – to make it a better operation. We never envisioned a pandemic, but it has really helped us."

He noted that all county land records since 1793, the year Norfolk County was established, are available online.

"If you're doing research in Norfolk County...it's all on the internet," O'Donnell said. "Some registries don't have that in other parts of the state. They only go back a limited amount of years and if people have to go back further, they are at a loss. They have to get into the building."

The registry also allows closings to be recorded electronically and O'Donnell said a majority of closings are now being filed electronically. The registry also has a drop-off box available outside its Dedham office for those who wish to record a closing that way.

The registry also has a disaster recovery office located elsewhere in Dedham that has been used to ensure the registry's 48 employees have space to work safely.

"We also put in a disaster recovery office as part of our business continuity planning," O'Donnell said. "Of course, we had that office envisioning maybe a fire or a flood because we are near the Charles River and we may need to use that office to stay up operationally. Well, we've been using that office during the pandemic as part of the way to manage things."

"Some registries have closed for days at a time. If that happens, we have a plan so that we can use our disaster recovery office to stay open and at least get documents recorded."

"I think it's important to point out that the modernization initiatives we have worked on over the years has really helped us manage this pandemic."



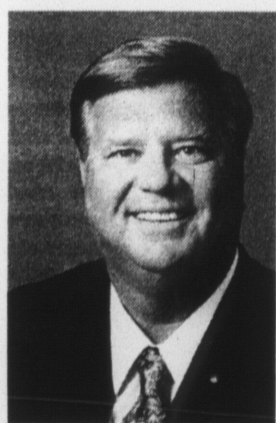
**QUINCY LEGISLATOR** Rep. Bruce Ayers presents Daniel McGuiggan a state citation, recognizing his 38 years of service on his last day working for the United States Postal Service Dec. 31. "After four years in the Navy, Dan began a career with the postal service in the North Quincy and Squantum areas," Ayers said. "Dan is a great guy who always went above and beyond, and formed a special relationship with the people he served. He will be greatly missed as he begins his well-deserved retirement."

Photo Courtesy Bruce Ayers

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## Restaurant Owner, Patrons Make Christmas Merrier For Staff

More than 100 employees of a well-known Quincy restaurant and new eatery in Hanover had a merrier Christmas thanks to the generosity of patrons and the restaurant owner who donated \$35,000 in bonuses to staff this past holiday.

Restaurateur Leo Keka donated the bonuses to 125 staff on Christmas Eve — thanks to a last minute surge of gift-card sales from loyal customers. Keka owns the fine dining establishment Alba in Quincy Center and recently opened a second location — Alba 53 — Hanover this past August.

The donation followed Keka's mid-December pledge to celebrate his 30 years in America by donating 15 percent of Christmas week gift-card sales to his staff. His loyal customers

flooded the restaurants with gift-card purchases in response.

"It has obviously been a very difficult year for everyone in the restaurant industry," said Keka via social media following the Christmas holiday. "But thanks to (our customers), and of course to our best-in-the-business staff both in the front of the house and in the kitchen, we were able to serve you safely within state guidelines throughout 2020."

Keka arrived in America on Dec. 17, 1990, a refugee who fled communist Albania by swimming across a lake to Montenegro. He was penniless and unable to speak English, but soon landed a job washing dishes for fellow Albanian-American Anthony Athanas, the late

owner of former celebrated Boston dining hotspot Anthony's Pier 4.

Keka quickly proved a knack for hospitality and American culture and worked his way up through management at both Legal Sea Foods and Grill 23 & Bar in Boston's Back Bay.

He opened his original Alba in Quincy Center little more than 10 years after arriving in America, in the autumn of 2001, in the immediate aftermath of the 9/11 attacks. It was a terribly difficult time to open a restaurant. But Alba not only survived, it thrived. Same for the new Alba on 53.

"We look forward to a better year ahead in 2021," said Keka. "Thank you to everyone who made this donation to our staff possible."



LEO KEKA (third from right), owner of Alba Restaurant in Quincy Center, with some of his staff. Keka donated \$35,000 in bonuses to 125 staff on Christmas Eve. The donation followed Keka's mid-December pledge to celebrate his 30 years in America by donating 15 percent of Christmas week gift-card sales to his staff. Courtesy Photo

## MBTA Teams With Pats, Revolution To Distribute Masks, Hand Sanitizer

The MBTA announces the New England Patriots, New England Revolution, and Patriot Place recently donated 2,500 face masks and 5,000 bottles of hand sanitizer to distribute to MBTA riders in support of the T's Ride Safer campaign.

"The health and safety of our riders and employees continue to be our top priorities during these challenging times," said MBTA General Manager Steve Poftak. "The MBTA greatly appreciates this contribution from the Patriots, Revolution, and Patriot Place as we strive to provide safe,

essential transit services to those who rely on buses and trains."

"We are proud to support the MBTA's Ride Safer program to help meet the ongoing needs for masks and hand sanitizer in our surrounding communities," said Brian Earley, Vice President and General Manager of Patriot Place. "We are thankful to continue our strong partnership with the MBTA by teaming up on this great initiative to keep members of our communities safe and healthy."

The MBTA's Ride Safer campaign consists of three components: providing face

coverings to riders in need at key stations during peak travel times; signage and messaging to promote the importance of keeping a

safe distance and wearing face coverings while on the T; and the Ride Safer webpage at mbta.com/RideSafer that provides travel tips and

a behind-the-scenes look at the MBTA's expanded efforts to clean and disinfect stations and vehicles.

For more information,

visit mbta.com/RideSafer or connect with the T on Twitter @MBTA, Facebook / TheMBTA, or Instagram @theMBTA.

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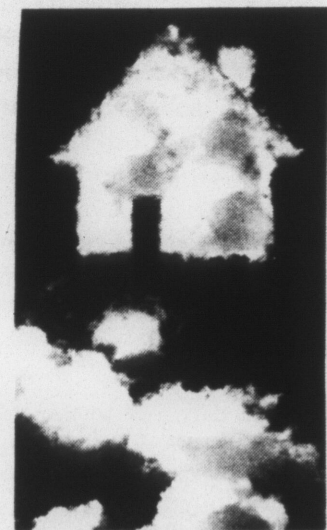
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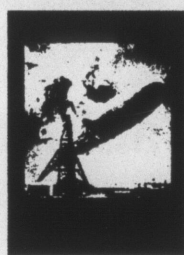
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## Moments in time

THE HISTORY CHANNEL

• On Jan. 19, 1809, poet, author and literary critic Edgar Allan Poe is born in Boston. In 1836 Poe married his 13-year-old cousin, Virginia Clemm, and completed his first full-length work of fiction, "Arthur Gordon Pym."

• On Jan. 23, 1941, Charles Lindbergh, a national hero since his nonstop solo flight across the Atlantic, testifies before Congress and suggests that the U.S. negotiate a neutrality pact with Hitler. He publicly denounced "the British, the Jewish and the Roosevelt Administration."

• On Jan. 21, 1950, former State Department official Alger Hiss is convicted of perjury in testimony about his alleged involvement in a Soviet spy ring before and during World War II.

• On Jan. 20, 1961, 87-year-old Robert Frost recited his poem "The Gift Outright" at the inauguration of President John F. Kennedy. Although Frost had written a new poem for the occasion, faint ink in his typewriter made the words difficult to read, so he recited "The Gift Outright" from memory.

• On Jan. 24, 1972, after 28 years of hiding in the jungles of Guam, farmers discover Shoichi Yokoi, a Japanese sergeant who was unaware that World War II had ended. Yokoi went into hiding in 1944 rather than surrender.

• On Jan. 22, 1984, during Super Bowl XVIII, audiences first see a commercial now widely agreed to be one of the most powerful and effective of all time. Apple's "1984" spot featured a young woman throwing a sledgehammer through a screen on which a Big Brother-like figure preached about "the unification of thought."

• On Jan. 18, 1990, Washington, D.C., Mayor Marion Barry is arrested and charged with drug possession and use of crack cocaine. Barry was caught on camera at a downtown hotel smoking crack with Rahsheeda Moore, who had agreed to set up Barry in exchange for a reduced sentence on a drug conviction.

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The inner petals of this Grandiflora rose are pale orange, with the undersides slightly darker. The outer petals are edged in red, and curl under. The fully-bloomed flower can be 4 1/2" across, have up to 25 petals, and carries a light, pleasing fragrance. A bush of this kind can grow 4 feet tall and 2 feet wide, and display many blooms at a time throughout a growing season. When set next to blue flowers such as delphinium it is especially striking.

Source: [www.allaboutroses.com](http://www.allaboutroses.com) — Brenda Werner

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## 4 Tips For Your Retirement Planning As A New Year Brings New Hope

By ALBERT LALONDE

COVID-19 took a heavy toll on the U.S. economy in 2020, causing millions of job losses and forcing many businesses to close. It also affected lots of retirement plans in the process.

A survey by the Pew Research Center found that 36% of Americans who save regularly are saving less because of the pandemic, and one-third said they've had to dip into their retirement savings to pay bills.

This is unsettling news, but as we gratefully flip the calendar to 2021, there is good news. Vaccines for COVID-19 bring hope for a return to a more stable world. The economy has shown signs of recovering. While much economic uncertainty remains in the months ahead, there are some important things you can do in the new year to help your retirement savings:

### • Customize your budget for life

Adjust your budget and remember to pay yourself first. At a minimum, be sure to have three things within your budget: how much you're taking in after taxes, how much you're spending, and how much you're saving.

If you're not sure where your money is going, track spending using a spreadsheet or an online budgeting app for 60 days. Determine how much money you need to cover your fixed monthly expenses and how much you'd like to put away for other goals such as retirement. The rule of thumb is to save 10-15% of pre-tax income, including any match from an employer, starting in your 20s for retirement. If you delay, add about 10% for every decade you delay saving for retirement. Remember to re-evaluate your emergency funds and make sure to have four to six months' worth of essential living expenses set aside in a savings vehicle.

### • Manage your debt

For most people, some level of debt is a practical necessity; however, problems arise when debt becomes the master, not the other way around. To stay in charge, keep your total debt load manageable. Don't confuse what you can borrow with what you should borrow.

Keep the monthly costs of owning a home (principal, interest, taxes and insurance) below 28% of your pre-tax income and your total monthly debt below 36% of your pre-tax income. Eliminate high-cost, non-deductible consumer debt and avoid borrowing to purchase depreciating assets.

Try to pay off credit card debt and consider consolidating your debt in a low-rate home equity loan or line of credit (HELOC).

### • Optimize your portfolio

We all share the goal of achieving better investment results. Research, however, shows timing of markets is difficult and can be counter-productive. Create a written plan that will help you stay disciplined in all kinds of markets. Focus first and foremost on your overall investment mix.

After committing to a savings plan, how you invest is your next important decision. Have a targeted asset allocation — that is, the overall mix of stocks, bonds and cash in your portfolio — that you're comfortable with, even in a down market. Make sure it's still in sync with your long-term objectives, risk tolerance and time horizon.

Diversification can help reduce risk and can be a critical factor in helping you reach your goals, but make sure to consider taxes. Place relatively tax-efficient investments, like ETFs and municipal bonds, in taxable accounts, and put relatively tax-inefficient investments, like mutual funds and real estate investment trusts (REITs), in tax-advantaged accounts. Tax-advantaged accounts include retirement accounts, such as a traditional or Roth individual retirement account (IRA). If you trade frequently, do so in tax-advantaged accounts to help reduce your tax bill.

### • Protect your estate

An estate plan may seem like something only for the wealthy, but there are simple steps everyone should take, especially after a year we just went through. Without proper beneficiary designations, a will and other basic steps, the fate of your estate or minor children may be decided by attorneys, probate courts and tax agencies. Make sure to review your beneficiaries, especially for retirement accounts, annuities and life insurance.

The beneficiary designation is your first line of defense. Therefore, keep information on beneficiaries up-to-date to ensure the proceeds of life insurance policies and retirement accounts are consistent with your wishes, your will and other documents. Update or prepare your will, and remember that a will isn't just about transferring assets. It can provide for your dependents' support and care, and help you avoid the costs and delays associated with dying without one (in-

Cont'd On Page 10

## READERS FORUM

### City Of Boston Should Treat Quincy As Equal Partner

Once again the fate of an addiction and recovery treatment center, and homeless shelter has returned to newspaper headlines after a Suffolk Superior Court judge ruled in favor of Boston in its appeal of the Quincy Conservation Commission's denial of a permit for the bridge project (Boston notches Legal Win in Bridge Dispute, Quincy Sun, Dec. 17).

I think we all can agree that the opioid crisis was exacerbated by the pandemic. Mayor Marty Walsh says the new bridge will cost \$92 million and is needed to return important services back to the island that ended over six years ago when the bridge built in 1950 was no longer deemed safe enough to use. At his 2018 swearing-in ceremony, Boston's mayor vowed to

rebuild the bridge and restore all services back there from various locations in Boston. Since Boston closed operations out on the island, Boston has seen in the vicinity of the Boston Medical Center along Melnea Cass Boulevard and Massachusetts Avenue habitation by many from the homeless and addicted populations congregating in that area now known as "Methadone Mile," which has become an ongoing source of ire for nearby residents of lower Roxbury.

Boston officials appear to be besides themselves and seemingly want to get these street folks back to Long Island. This whole issue is a long way from ever getting settled as both cities stand off against each other. As someone born, raised, educated and now once again living back in Boston, and

as someone who called the City of Quincy home for nearly 25 years, I understand where both sides are coming from. Too bad that Boston seems so seemingly unreasonable considering any new bridge would have to touch down on Quincy soil.

It is one thing for Walsh to pontificate about how re-opening the island to much-needed services goes beyond city lines, talking about working together with Quincy on a project that would serve regional needs, and another thing when it comes to treating the City of Quincy like an equal partner.

The only way a new Long Island Bridge will ever get built won't take place in courtrooms in either Norfolk or Suffolk counties, it will happen when Boston stops telling Quincy what

the right thing to do is and works together on a vision that would serve both Boston and Quincy residents equally.

The only way to gain access to any new bridge built by Boston will be through the streets of Quincy and that is a geographic lesson Boston needs to understand. Time to try something other than the courtrooms to solve this dilemma. Time for some real discussions to be opened up between the combatants which is how both sides look presently. There's got to be a solution out there and it is up to everyone to find it because this story can't go on forever. It has already been too long and now we move into yet another year.

How many more years to go?

Sal Giarratani  
Boston

### George Burke Remembers Dear Friend K.C. Jones

Very recently, I lost another teammate and friend of the Boston Celtics, K.C. Jones. This month I have lost two teammates and friends including Tommy Heinsohn.

Both of them would come to Quincy in the summertime and play at the YMCA basketball courts on my team, The Burke Club. In addition to K.C. Jones and Tommy Heinsohn,

Satch Sanders also played on The Burke Club. All three of these Celtic greats also became Celtic coaches. K.C. Jones used to come to my home in Wollaston

and play with my children. He was a great player, coach and dear friend and I will miss him.

George Burke  
Quincy

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## Scenes From Yesterday

THIS POSTCARD was published in 1915 when granite quarrying was a very important Quincy industry. This view of Swingle's Quarry at a depth of 225 feet shows how dangerous the work was particularly in bad weather. Note the precariously placed ladders. Swingle's was open for over 100 years and was the last working quarry in Quincy when it shut down operations in 1963. By that time it had reached a depth of 350 feet, 200 feet of it below sea level. After years as a dangerous swimming hole the quarry was filled with dirt from the Ted Williams Tunnel. The beauty of Swingle's famous "extra-dark"

Quincy granite can be seen in the granite ball at city hall or in the two columns at the entrance to Citizens Bank on Quincy Avenue. These columns were removed from Jonathan Swingle's house on Hancock Street when it was demolished in the 1980s. But perhaps the best sample of the stone can be seen in the large monument on Swingle's grave in Mount Wollaston Cemetery.

From the Tom Galvin Postcard Collection



## Op Ed

### Environmental Justice: It's Time Thompson Island Outward Bound Be Held Accountable

Did you know there is a Boston Harbor Island you can walk to at low tide from Quincy's Squaw Rock?

Thompson Island is a Boston Harbor Island that can be accessed at low tide by a large sandbar. This means you can walk from Nickerson Beach in Squantum, Quincy to Thompson Island. Many times each month, the tide will be so low you can walk across the "spit" and visit the beaches surrounding Thompson Island for several hours. It is a beautiful way to spend time outdoors.

The law that allows people to walk the spit from Quincy to Thompson Island is called the Colonial Ordinance. The Colonial Ordinance reserved three specific and important rights of public use within the private tidelands for "fishing, fowling, and navigation". The permissible uses are interpreted by Massachusetts Court as 1) the right to fish on foot or from a vessel; 2) the right to navigate, including windsurfing and sailing; and 3) the right to hunt birds for sport on foot, which also covers birdwatching. Accordingly, the public has access to any so-called private beach or tideland area as long as they are legitimately engaged in fishing, fowling, or navigation.

In 2002, the Commonwealth of Massachusetts and the U.S. National Park Service paid \$4 million dollars to Thompson Island Outward Bound Education Center to agree to a Grant of Conservation Restriction, which designated most of the east and west ends of the island as Conservation Areas, and protected them from development. Thompson Island is required to allow unescorted public access to these Conservation Areas year-round via ferry, but this isn't happening.

In addition to preserving the Conservation Areas, the Conservation Restriction is also supposed to enhance public access of Thompson Island. In 2002, the year the Conservation Restriction Grant for Thompson Island Outward Bound was signed, there were 19,000 visitors to Thompson's Island. This number included 5,600 participants in educational programs. This was according to the Boston Harbor Island General Management Plan. In 2012, when Mr. Marc Albert of the National Park Service did the Thompson Is-

land Outward Bound Education Center assessment, he noted there were only 128 visitors. He stated in his report, this was a problem that needed a solution.

Thompson Island is supposed to be open to the public, but this isn't happening. Instead, a very few Boston Public School children spend a bit of time there. Thompson Island is really being used to raise lots of money with corporate events. Arthur Pearson, CEO of Thompson Island Outward Bound is paid an exorbitant amount of money as the head of a NGO.

There are two separate but equally important issues. First, the Colonial Ordinance allows for citizens to walk on the spit between Quincy and Thompson Island. And walk the beaches as long as they are birding, fishing, or navigating. It would be important to carry either a camera, binoculars, or a fishing rod. Sadly, Thompson Island Outward Bound staff is illegally telling people to leave the beaches. I understand from Mr. Albert of NPS that "the public is allowed to access the tidal areas." (Marc Albert email 10/2/20).

The second issue is the Conservation Restriction Grant that was signed in 2002. Thompson Island Outward Bound Education has not honored the Conservation Restriction and National Park Service and DCR are not enforcing the Conservation Restriction. Thompson Island does not pay taxes. They contribute nothing but providing a brief learning experience for Boston Public School children. Thompson Island Outward Bound is required to provide access to the island year-round.

It is time that Thompson Island Outward Bound be held accountable. It is time for Michael Creasey, National Park Service and James Montgomery, DCR, to do their jobs.

People more than ever need a green space. Walking across the spit along the beaches around Thompson Island, according to Colonial Law, will provide this opportunity. This is an issue of environmental justice. Otherwise, the Boston Harbor Islands are only available if you have lots of cash for a boat ride.

Joan Delaney, FNP, WHNP  
Hancock Street  
Quincy

## Quincy's Yesterdays

This Week  
1970  
51 Years Ago

### McIntyre Predicts Substantial Tax Hike

Mayor James R. McIntyre gloomily predicted "another substantial" tax rate increase for Quincy this year.

In two major austerity moves to tighten the city's municipal belt and help head off a big tax hike, the mayor said he will:

Reject any general pay increase requests for city employees.

Cut department budgets "to the bone."

"There will be no general pay increases for city employees this year. We just cannot afford it," he said.

#### SHIPYARD SEEKS 2,000 WORKERS

The hiring of nearly 2,000 more tradesmen during the next few months will help make 1970 General Dynamics "busiest year at its Quincy Shipbuilding Division," it was predicted.

With current shipbuilding employment levels at 8,300, the drive for new employees will increase to more than 10,000, a \$12 million impact on General Dynamic's payroll is seen.

Welders led the way with 300 openings, followed by electricians, pipefitters and sheet workers.

#### 266-UNIT SENIOR FACILITY 100% FILLED

The 266-unit south wing of Senior Citizen Housing at 1000 Southern Artery has been 100 percent leased and 275 names remain on the waiting list with more being added each day, according to a report from the center.

The non-sectarian, non-profit facility was built and is operated by Quincy Point Congregational Homes, Inc. for senior citizens age 62 and older.

#### QUINCY-ISMS

Mr. and Mrs. Henry Dondero were the proud parents of a daughter born at Quincy City Hospital... Mrs. Leonard, Mrs. Mark Russell and Mrs. Alex Engelmann were co-chairs of the Christ Church's Mothers' Club potluck supper... Mr. and Mrs. George S. Walker of Wollaston celebrated their 54th wedding anniversary at a Mass and reception at their house. The party was given by their five children... Hugh E. Dawes, Grand Knight North Quincy Knights of Columbus, appointed Charles J. Graham deputy grand knight to serve as chairman of its 50th anniversary program to be held April 24, 1971... Rev. Lloyd F. Martin assumed his new duties as minister of the Wollaston Congregational Church. He succeeded Rev. Harold G. Leland... Dr. Sumner D. Hirshberg received the Jewish War Veterans "Citizen of the Year Award" on behalf of the members of the Quincy Symphony Orchestra... Wollaston Federal Savings and Loan Association announced new banking hours: 8 a.m. to 6 p.m. daily and Thursday until 7:30 p.m... Former Mayors Thomas S. Burgin and David S. McIntosh attended the third inaugural of Mayor James R. McIntyre. Former Mayor Amelio Della Chiesa was too ill to attend... Councillor at Large and State Representative Arthur H. Tobin was unanimously elected city council president when the Council organized for 1970. He succeeded Ward 6 Councillor J. Vincent Smyth who served as council president in 1968-1969... School Committeeman James F. McCormick, Sr. beginning his 11th year on the committee, was elected committee vice-chairman for 1970-1971... Heslip E. Sutherland, president of the Quincy Cooperative Bank, announced the election of Charles G. Peterson as vice president of the bank... James Lyons was installed as the president of the Ward 2 Civic Association. Other officers included James DeCristofaro, vice president, Maurice Horrigan, treasurer, Mrs. Elsie Fitzgerald, recording secretary and Mrs. James Lyons, corresponding secretary... The North Quincy High School basketball team, defending Greater Boston League champions, was seeking its third straight win in an upcoming game against Medfield at the Boston Garden... Coach Bob Sylvia's Quincy High School's hockey team would be seeking its fifth straight win when the team plays Medford at the Boston Arena... Rico Petrocelli, selected as the most valuable Red Sox player by the Boston Baseball writers, was honored at a dinner hosted by the Montclair Mens Club... James E. Davidson, 291 Billings St., North Quincy, won the Doorway Decorating contest sponsored by the Quincy South Shore Festival Committee. A Special Doorway Award was given to John and Anita Ricciuti, 31 Stone Brae Rd., Wollaston.



Five hundred thirty-five students are listed on the first term honor roll at Central Middle School.

### HIGH HONORS

**Grade 8:** Lauren K. Afleck, Jamie M. Arias, Anton John B. Arrazola, Cady M. Barrett, Karoline R. Bastiani, Rebecca Berberi, Kyrie M. Blue, Brigid C. Burke, Ashling M. Byrne, Madeline K. Case, Lillian R. Catrambone, William Chan, Connie Che, Catherine F. Chen, Melanie Chen, Michelle X. Chen, Katelyn M. Collins.

Abigail J. Danick, Abigail K. Dawe, David Dema, Kristina H. Demeo, William C. Deng, Justin T. Dinh, Samantha J. Dopp, Manlai Enkhjargal, Nancy Fang, Ava E. Ferolito, Chujun Gao, Joyce Gao, Katrina Gao, Alexa Q. Garcia, Maxwell F. Gaudiano, Niamh R. Gendron, Annabella T. Glennon, John J. Greene, Said A. Hamad, Ava G. Hamilton, Miles C. Hastings, Allyson J. Hatfield, Julia A. Heise, Andy T. Huynh.

Xuan-Mai C. Ippolito, Sadie R. Johnston, Aya N. Kafihi, Olivia C. King, Chung Ting Koo, Kelly M. Kwan, Alexia F. Laci, Alexander V. Lai, Amy T. Lau, Griffin C. Lawless, Jake W. Lazaron, Philip D. Le, Liam M. Lee, Maisie K. Lee, Tabitha P. Lee, Alessia G. Lemus, Stephanie Liang, Travis Liang, Zhenyu Liang, Stanley Liu, Katelyn C. Low, Joyce L. Lukelo, Vanston Ly, Abby N. Lyons.

Sahil M. Manwani, Aidan J. McCarthy, Erin M. McGonagle, John A. McGurty, Jin T. Mei, Chloe A. Melchin, Jovany A. Morales, Hannah E. Moriarty, Mandy A. Moy, Kamila Nabieva, Benjamin H. Nguyen, Danny H. Nguyen, Khoi C. Nguyen, Kobe L. Nguyen, Ngoc Thuy Tien Nguyen, Nehemiah B. Nii-Aryee, Caroline M. O'Malley, Rosalia L. O'Rourke, Robert

## 535 Students On Central MS Honor Roll

Pham, Joseph F. Reddig, Ella G. Roche, Michael A. Romeo, Emma H. Roux, Cora S. Ryan.

Anya A. Sangani, Alexander L. Schramm, Allen Shi, Elana M. Shuel, Rebecca S. Smith, Hannah X. Spratt, Vanessa Su, Mirudula Suganathan Yamini, Serena Tacelli, Amy Q. Tan, Andrea B. Tang, Quang Hai Lan Tran, Maggie R. Webber, Orion C. Wong, Samantha Y. Wong, Zixi Zia, Madelyn A. Yang, Sandy C. Yu, Benjamin Zeng, Stephy Zhao.

**Grade 7:** Tristan J. Andre, Isabel M. Barrios, Nathaniel C. Baryza, Salma Belmeki, Ramona F. Bentzel, Arber R. Beqo, Amy C. Bernard, Tyler K. Boie, Ronan W. Brown, Aubrey M. Callard, Kaile A. Campbell, Jacob T. Chan, Anson Chau, Brendan Chen, Brian X. Chen, Cherlin Chen, Emily Chen, Lily Chen, Sophia J. Chen, Tracy Chen, Willa Z. Chen, Elemeria C. Cheung.

Nipun Chittuluru, Patrick C. Clifford, Lila V. Cook, Lacey M. Copp, Amelia E. Crowley, Anna E. Crump, Ellie M. Crump, James A. D'Angelo, Alexandra M. Darcy, Alexandra H. Demopoulos, Madeline N. Dolinski, Henry Duong, Sophia L. Edwards, Audra R. Eshelman, Rida Fatima, Joshua M. Ferrini, Ellen J. Fin, Kate O. Foley, Aiden S. Gao, Ana Gilaj, Edward A. Giza, Jonathan Guan.

Isabel F. Hagstrom, Sophie M. Hagstrom, Ashlee K. Helfrich, Maysie G. Henderson, Eliza A. Henry, Robert J. Hickey, Sadie E. Hingston, Mark T. Ibrahim, Kiara J. Ikononi, Lola K. Kelly, Jim H. Kuang, Logan A. Lai, Alex V. Le, Andrew V. Le, Michael V. Le, Esther Lee, Nina Lei, Anna Li, Belle Li, Ka Lok Li, Sarah K. Li, Ziyi Li, Angelina Lin,

Angelina S. Lin, Donald Lin, Eddie Lin, Emily Lin, Ethan X. Liu, Edward W. Louie.

Marko Mano, Iyanna V. McGee, Ally E. McHugh-Durcan, Silas J. McKenney, Gemma R. McRoberts, Dylan A. Mercado, Alvin N. Mui, Maeve E. Murray, Rosalie M. Neil, Kevin Ngu, Amie Nguyen, Nathan H. Nguyen, Thienan V. Nguyen, Thiennhan M. Nguyen, Alvin Nikolla, Jourdin L. Ortiz, Sophia M. Paccioretti, Drini L. Panariti, Olivia M. Petrongolo, Ella L. Pettigrew Lynch, Caroline Pham, Mary Louise Prono, Ashanti N. Rosa, Tingting Ruan, Solana A. Selinger-Batista, Beia L. Sizemore, Amelija M. Slezas, Maeghan C. Smith, Lucas J. Snow.

Audrey R. Tallent, Amrutha Thejesh, Jenny Tian, Maya I. Tittel, Wilson To, Natalie Tom, Vivian Tran, Winnie Tran, Anh T. Tran-Nguyen, David Vu, Philip Wang, Lanna Wei, Mathew Weng, Ryan M. Wirtz, Ethan Y. Wong, Kyle xie, Ethan X. Xu, Luxi Ye, Hannah S. Young, Jerry Zhang, Mendel Zhang, Baolin Zhao, Brian Zheng, Lydia Zheng, Jonathan Zhu, Nikkie J. Zhu, Peter E. Zou, Julia A. Zynda.

**Grade 6:** Oday Alsadeq, Oliver F. Anderman, Jesse M. Bargar, Ryan J. Beach, Elle S. Bleton, Molly B. Bramlett, Gavin P. Brown, Emily M. Burns, Alivia M. Caruso, Madyson G. Cassidy, Anderson Chen, George X. Chen, Ryan Chen, Selina X. Chen, Sophia Y. Chen, Lucas Cheng, Lilah C. Colantonio, Benjamin A. Conlon, Patrick J. Connor, Elizabeth A. Cordero, Gerald Cuni, Joseph F. Cuniff.

Emily D. Davis, Elizabeth L. Dawe, Evelyn R. Dawson, Aarush P. Dhaygude, Nicholas M. Diblasi,

Brendan T. Duddy, Elijah M. Epter, Patrick J. Ferolito, Meah R. Fitzpatrick, David M. Flannery Jr., Tyler J. Gao, Kevin R. Greene, Riley M. Greene, Kaelen Q. Griego, Garrett M. Griffin, Joseph C. Griffin, Anya S. Healy, Mackenzie R. Ilacqua, David Jushaji.

Bridget H. Kelley, Mia D. Klingenstein, Joseph W. Knox, Steven B. Lau, McKenna L. Lawton, Nathaniel C. Lebo, Henry Li, Ruo Q. Li, Catherine Y. Liang, Kristy Lin, Sophia Liu, Myshtee R. Malavia, Katherine P. Manning, Eli J. Matteson, Amanda R. McClory, Molly F. McLaughlin, Lan Fang Mei, Zoe A. Moy, John T. Mullen, Alice M. Nguyen, Vivian T. Nguyen, Paquelin Ni, Jelani K. Ntege, Chloe L. O'Neill, Grady D. Oberton, Chloe E. Osborne.

Lakshiga Periyasamy, Eamon S. Pint, Maeve K. Powers, Miraa Shree Prathap, Caroline R. Pritchard, Selina Q. Ren, Myles J. Ryan, Georgia L. Scott, Tyler C. Sharkey, Vincent Shi, Kyle S. Solano, Dennis L. Stankov, Julia Taccelli, Cate O. Tallent, Aviva M. Tarsky, Matthew Tian, Elena G. Townsend, Kaylin T. Tran, Quang Hai Long Tran, Therese M. Williams, Matthew J. Wong, Stella Q. Wong, Ciara O. Wood, Hunter D. Wood, Jensen H. Wu, Morris C. Yang, Cindy Y. Zhang, Arthur Zheng, Brenda Zheng, Caroline G. Zuffante.

### HONORS

**Grade 8:** Audrey Y. Ao, Yerrika E. Baez, Johnny T. Byrne, Alex P. Cala, Brandon J. Camacho, Benny Chen, Brian Chen, Carlin C. Chen, Cynthia Chen, Rebecca L. Chen, Caitlyn B. Connor, Anders J. Eshelman, Nathan A. Feldman, Logan T. Ferreira, Destiny G. Francis, Max A. Francoeur, Han-

nah E. Gallagher, Iliana D. Gregoriadis, Vito S. Guarino, Hugo J. Huang, Jasmine D. Hurney.

Ava M. Jones, Calla G. Jones, Steven H. Li, William Y. Li, Kalven C. Lin, Joanna Liu, Violet Liu, Sophia Ma, Luca A. Marinielli, Daneilla M. McCarthy, Collin P. McGrail, Shane A. McPhillips, Anthony R. Melchione, Keyla Y. Melo Rodriguez, Kaitlyn S. Miller, Madison S. Miller, Miguel Moura, James M. Mullen.

Michael J. Newton, William M. Nguyen, Peyton A. Perkins, Marcus K. Pham, Lillianna K. Ronca, Angelina N. Rumble, Luke B. Sanders, Ian P. Scott, Andy Song, Sean Michael P. Szilva, Matthew C. Toland, Rondy R. Toussaint, Frank D. Townsend, Peter Tran, Joshua X. Truong, Linden E. Van Veen, Elizabeth Wong-Waywaymyint, Brian L. Wu, Alfred Zhao, Alexander J. Zhu, Mike J. Zhu.

**Grade 7:** Kuther A. Alghizzy, Caleb J. Bridden, Josie Y. Chan, Hanlei Chen, Johnny W. Chen, Vincent Chen, Zhiming Chen, Zoe Chui, Frank J. Dimeo, Aine B. Egan, Elizabeth M. Evans, Madison P. Evans, Kieran P. Feldman, James M. Gillespie, Connor M. Green, Aniya Groomes, Anthony P. Herbert Jr., Jaiden C. Ho, Manlin Hu, Haley Huang, Nicole Jiang, Jonathan W. Keane, Kate F. Kennedy, Spencer W. Knight.

Chloe T. Lam, Huy D. Le, Catherine L. Lee, Yufei Li, Jingxin Liang, Jason Lin, John Lin, Aaron J. Liu, John R. Lynch Jr., Mitchell P. Mauriello, Abigail L. Mayanja, Colin R. McCarthy, Madelyn L. McGillicuddy, Owen R. McKim, Tara G. McPhillips, Sean A. Moran, Dejaly Narez, James F. Pierce, Marvin J. Pierre, Victoria E. Reid, Cyrus Ru,

Ryan H. Shuman, Chloe C. Tedeschi, Timothy M. Toland, Owen R. Veith, Evan L. Walsh, Yilang Yan, Justin Zhao, Carol Zheng, Leah J. Zheng, Sophia S. Zheng.

**Grade 6:** Ryan A. Ahmeti, Jonas H. Ala, Chase X. Ao, Luiza B. Baiense, Kai A. Bokulich, Arvi D. Bostani, Thomas M. Bradley, Patrick M. Brunner, Alexandra J. Camargo, Annie Chen, Michelle M. Chen, Cheuk Yat Cho, Olivia G. Clifford, Jonathan Cole, Robert Francis R. Coletti, Quinn M. Danick, Darwin V. Dao, Michael Feng, Aram C. Fernandez, Shave R. Flavin, Samantha R. Foley, Avery L. Furber.

Nora M. Geary, Lillian G. George, Patrick F. Gillespie, Bridget F. Gilmartin, Avery A. Glennon, Patrick Kingston L. Grogan, Sara Haiti, Christine M. He, Meghan T. Hoang, Melinda M. Huang, Zhenquan Huang, Nikola Hysenaj, Nazir J. Jean-Louis, Kevin Kadilliu, Sage A. Keane, Grace A. Kidd, Campbell A. Kirksey, Jonathan R. Lanergan, Junjie Li, Yingjie Li, Derrick Liao, Gabrielle E. Linkiewicz, Marcela M. Llamas, Benjamin M. Loke, Kailey A. Lynch, Dante A. Marinilli, Sydney M. Maynard-Kirby, Aubrey J. McCoy, Jacky Mei, Arthur E. Miller, Kenna M. Moore.

Nilufar Nabieva, Blake E. Nelson, Zoe A. Nelson, Evan P. Nguyen, Lukin W. Nims, Sky B. Campos, Hayden J. O'Connell, Aeden T. O'Connor, Madelyn F. O'Donnell, Ifeanyi Chukwu N. Onwunaka, Laurita M. Pan, Hadley J. Perkins, Audrey A. Plumb, Ryan T. Sampson, Natalie E. Smith, Jenna K. Steinmetz, Gavin Tang Yu, Ryan L. Thong, Annabelle H. Tran, Ethan V. Tran, Kierstyn E. Viera, Mason R. Walsh, Yu Wang, Isaac J. Wu, Libby Xu, Brian N. Zhang, Terry Y. Zhang, Jinjun Zhao, Danny Zou, Nathan Zou.

## A Working World Altered By COVID-19 Beckons; Is The Class Of 2021 Ready?

Forgive the college class of 2021 for feeling a twinge of anxiety as they prepare for their final semester of studies.

They have arrived at their

future, and it's a hollow image of what they envisioned when they so carefully and excitedly chose colleges and majors just a few short years ago.

With an economy that's unsettled, many of these young people are left to wonder whether all their preparation will be reward-

ed when they soon begin a potentially challenging hunt for a job in their chosen field.

Add to that a pandemic that altered the rules and realities of the workplace, and it's a strange new world indeed.

But rather than despair, these soon-to-be graduates

should focus on those things they can control, and try not to worry about those they can't, says Bob Slater, co-author with his son, Nick Slater, of Look Out Above! The Young Professional's Guide to Success.

"We often can't control whether we achieve the outcomes we seek," he says.

"But we always can control the effort and attitude we bring to an opportunity or problem."

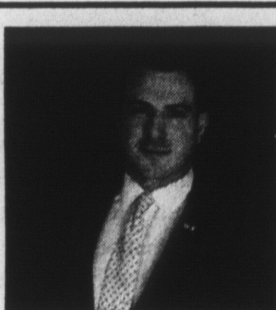
With that said, the Slaters offer a few tips to help the class of 2021 navigate these unusual job-hunting times:

- **Accept that you may not work in a trendy office — or any office.** Admit it. In the best of all possible worlds you expected — or at least hoped — to work in an office with gym equipment, ping-pong tables, a coffee bar, and eccentric co-workers who would keep you entertained and motivated. "You may need to reset your expectations since so much of the workforce has gone remote, and some businesses plan to keep it that way," Bob Slater says. "You may only on rare occasions see your co-workers in person."
- **Expect more autonomy.** The good news about jobs without offices is you

could have more autonomy than you ever dreamt about. Certainly, supervisors will expect production and will check in to nudge — or shove — you along. But with remote work, no one is a mere cubicle away, ready to peer over your shoulder. Of course, with great autonomy comes great responsibility, to tweak a Spider-Man phrase. Make it easy for your manager, Nick Slater says, by monitoring your email, text, and phone messages frequently so a short-tempered boss doesn't have to wait hours for you to respond to questions or instructions. Also, routinely keep your boss informed. Send an "FYI — No Reply Needed" email saying what you worked on — or will work on — today.

- **Be prepared to get vaccinated.** Here's something your older sisters and brothers

Cont'd On Page 7



Armando Agnitti, Esq., CISR  
Anthony Agnitti, CIC, LIA

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# Quincy Choral Society Releases Second Virtual Performance

## 'Coming Home' Now Available On YouTube

Because of the pandemic, singing in proximity with others is currently a dangerous activity. As have many other choirs and choruses throughout the world, Quincy Choral Society has turned to technology in order to sing together and to connect with its audience with safety for all.

Music Director Sarah Labrie selected "Coming Home" by Jay Althouse for this second virtual presentation in song. To listen to the performance, open YouTube and search for "Quincy Choral Society." In addition to this latest offering, many concerts are available for viewing and listening.

Producing a virtual performance may appear easy, but in fact it is a complicated process. After Ms. Labrie selects the music to be performed, the individual chorus members learn and rehearse the music in online rehearsals. Next, Ms. Labrie creates a click track and conducting video with



accompaniment recorded by Gingy Grimes. This video includes tempo, cues, cut-offs, and dynamics. Next, each singer records an individual audio track followed by a separate video track. Then Ms. Labrie works editing magic to splice all the individual audio and video recordings together to create a unified whole. Lastly, the final product is uploaded and shared on YouTube and other social media platforms such as the QCS website and

the QCS Facebook page.

Quincy Choral Society was founded in 1981 for the purpose of bringing musical excellence to the South Shore and the world. In December 2015, the Quincy City Council recognized Quincy Choral Society for bringing music and joy to the City of Quincy for 35 years. The chorus performs locally and has performed in music festivals in Washington, D.C., in Europe, at Carnegie Hall as part of the

Masterworks Series, and most recently in Montreal and Quebec. In September 2018, the chorus participated in the dedication of the Hancock - Adams Common. The chorus' last live performance was Handel's Messiah in November 2019.

Named Quincy Choral Society's sixth Music Director in 2020, Sarah Labrie graduated from Westminster Choir College in 2014 with a degree in music education. A Boston-based

conductor, Ms. Labrie, is the Artistic Director of Diamonds From The Dust, a professional chamber choir, and is one of the choral directors at Stoughton High School, where she works with four curricular, and two extra-curricular choirs.

Outside of conducting and teaching, she actively sings with the Tanglewood Festival Chorus, Viatores Mundi (Croatia), Sarteano Musica Sacra Choir (Italy), and in various choral performances throughout New England and Europe. Sarah is an active member of the American Choral Directors Association, the Massachusetts Music Educator Association, the Massachusetts Instrumental and Choral Conductors Association, and the National Association for Music Educators.

Virginia "Gingy" Grimes, a graduate of Duke

University, has served as accompanist for Quincy Choral Society since 1993. She is also Minister of Music at First Parish, Norwell, Music Director for the Pierce Players of the Milton Public Schools, and Music Director for Derby Summer Arts in Hingham. She is pianist for North Quincy and Quincy High Schools, for Hanscom Middle School in Bedford, and for Temple Beth David, in Canton, during High Holy Days. She also teaches and accompanies at Milton Academy. Locally, Ms. Grimes has been musical director for several theater productions including Sondheim's A Little Night Music and Mencken's Little Shop of Horrors.

For additional information, visit Quincy Choral Society at [quincychoral.org](http://quincychoral.org) and follow the chorus on Facebook.

## Seven Nonprofits in Quincy Share \$5,400 In Community Spirit Grants from Harvard Pilgrim Health Care Foundation

Harvard Pilgrim Health Care Foundation announces seven Quincy nonprofit organizations were awarded a total of \$5,400 from the Foundation's Community Spirit 9/11 Mini-Grant program.

The organizations receiving funds and the grant amounts are:

- Dove (\$250)
- Germantown Neighborhood Centerfood Pantry (\$1,100)
- Homebase (\$500)
- Interfaith Social Services, Inc. (\$550)
- Lincoln Hancock Community School (\$500)
- Quincy Animal Shelter (\$2,000)
- Women's Auxiliary American Legion Post 294 (\$500)

To commemorate those Harvard Pilgrim members who lost their lives on September 11, 2001, Harvard Pilgrim and the Foundation created the Community Spirit 9/11 Mini-Grant program. This program allows each Harvard Pilgrim employee to award a \$500 grant, completely funded by the Foundation, to the local charity of his or her choice each calendar year. Since this community grants program began in 2002, Harvard Pilgrim employees have directed more than \$6.8 million to thousands of organizations throughout Connecticut, Maine, Massachusetts, and New Hampshire.

"Now more than ever, as nonprofits across the region are dealing with the impact of COVID-19, we are committed to supporting their efforts to care for their communities," said Karen Voci, president of the Harvard Pilgrim Foundation. "We are so fortunate to have generous and engaged employees who help strengthen Harvard Pilgrim and the communities where we all live and work."

In 2019, 96% of Harvard Pilgrim employees participated in at least one form of service or giving through volunteering, the Mini-Grants program, or Harvard Pilgrim's annual Employee Fundraising Campaign.

Created in 1980, The Harvard Pilgrim Health

Care Foundation supports Harvard Pilgrim's mission to improve the quality and value of health care for the people and communities we serve. The Harvard Pilgrim Foundation provides the tools, training and leadership to help build healthy communities throughout Connecticut, Maine, Massachusetts, and New Hampshire. In 2019, the Harvard Pilgrim Foundation awarded nearly \$2.9 million in grants to 990 nonprofit organizations in the region. Since its inception in 1980, the Foundation has awarded \$155 million in funds and resources throughout the four states.

For more information, visit [www.harvardpilgrim.org/foundation](http://www.harvardpilgrim.org/foundation).

## A Working World Altered By COVID-19 Beckons; Is The Class Of 2021 Ready?

Cont'd From Page 6

ers didn't worry about when they graduated - pandemic-prompted inoculations. Perhaps you're debating whether to get the COVID-19 vaccine. "If so, know that your personal views on needles and vaccines are just part of the equation," Nick Slater says. "Your employer could require proof of vaccination, especially if you have to go into a physical workplace." Can employers do that? The short answer is yes, although there are caveats. The Equal Employment

Opportunity Commission recently updated its COVID-19 guidelines to include vaccination information, and those guidelines do allow for employer-required vaccinations.

Finally, the Slaters caution that it's not unusual for fresh college graduates to experience some initial workplace disappointment.

You studied for anywhere from four to eight years anticipating the day you would become a doctor, accountant, TV journalist, business

professional, graphic artist, teacher, or whatever career you had your sights on.

Suddenly, reality doesn't mesh with your expectations. Mundane daily tasks no one mentioned in all your coursework become a drain on your energy. The profession seemed a perfect fit for you in theory, but in actuality that fit seems a bit off-kilter. Do you ditch everything or ride it out?

Bob Slater recommends giving your chosen vocation a fair shot. After all, you

made quite an investment in getting there.

"No job is likely to be the nirvana you imagined or hoped for," he says. "Plus, it may be that, as a young professional, you just haven't yet found your true niche within your chosen career. To find your niche you may have to move laterally, or even downward for a time. Think of your path not as a corporate ladder that only goes up or down, but as a jungle gym where lots of paths lead to your desired destination."

## Two Quincy Students On Plymouth State Dean's List

Two students from Quincy have been named to the Dean's List for the fall semester at Plymouth State University in Plymouth,

N.H.

They are:

Kelsey Dunn and Stephen DeBisschop.

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The flavor of the month in January is

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# Grab & Go Lunch Initiative: Thank You First Responders

The Quincy School ~ Community Partnership, in collaboration with Stop & Shop Companies, recently honored and thanked Quincy's First Responders (Quincy Police, Quincy Firefighters, Quincy Health Department, Brewster Ambulance Services, and QPS Custodial Services) for their outstanding dedication and service to the citizens of Quincy throughout the COVID-19 pandemic.

On Dec. 18, a Grab & Go Lunch for Quincy's First Responders took place. Lunches were planned, prepared and packaged by students enrolled in Quincy High Schools Culinary Arts Program.

Grab & Go lunches included a special signature sandwich for each location, or a choice of a turkey gobler, roast beef or chicken caesar salad. All lunches contained a bag of chips, a chocolate chip cookie and a bottled water. Lunches were delivered to each First Responder location.

Thank you Superintendent of Schools, Kevin Mulvey, Assistant Superintendent, Erin Perkins, Executive Director of Career, Vocational, and Technical Education, Keith Segalla, Director of Security and Transportation, Mike Dracchio, Coordinator of Custodial Services, Kevin Segalla and Coordinator of the Quincy School ~ Community Partnership, Janice Erler for their assistance in delivering the lunches.

Special thanks to Stop

& Shop Companies, an Executive Level Sponsor of the Quincy School ~ Community Partnership for donating all product for the Grab &

Go Lunch initiative, which will continue during the 2020-2021 school year for other Quincy groups.

The Quincy School ~

Community Partnership is grateful for the continued commitment, dedication, and generosity of Stop & Shop companies.

## WHAT'S COOKING

with  
*Marie & Susie*

By MARIE D'OLIMPIO and SUSIE FALCO



## Chicken Cacciatore

By MARIE

Today's recipe for Chicken Cacciatore was made by my son, Jim, during a recent visit this summer.

Jim makes his cacciatore with chicken thighs, bone-in, my favorite kind and a favorite of lots of other people too because of the richness of the flavor from the thighs. I love the challenge of getting the meat from around the bone - my favorite part! Anyway, Jim's version of this delicious dish is the best!

### Ingredients and Directions

4 to 6 bone-in chicken thighs - (depending on how many people you are feeding)

3 tablespoons of Olive Oil.  
2 medium green bell peppers, sliced  
1 package mushrooms; sliced  
1 medium onion, chopped  
Salt and pepper to taste  
2 tablespoons olive oil

1 can San Marzano tomatoes (he likes those the best)

2 tablespoons of tomato paste (he uses a tube of paste)

1 medium-sized zucchini, washed and sliced

1 package of Goya seasoned rice (or you can use plain rice if preferred)

In a large pot heat the oil, place the chicken thighs, add salt and pepper to the chicken, add the onion, and brown on both sides.

When browned, transfer to a plate and set aside.

Now sauté the sliced zucchini, peppers and the mushrooms until they are al dente then add the tomatoes and tomato paste, cook and stir until well blended.

Add the chicken back to the pot and cover and simmer over low to medium heat for about an hour. While simmering, cook the rice according to directions and when the Cacciatore is ready, serve it over the rice.

## Yummers

By SUSIE

Here is another fun recipe to make with the kids.

Cooking together is always fun. Almost just as good as eating it together!

This recipe is named after the story book "Yummers" by James Marshall which is about a turtle and a pig who are friends. They like to snack!

These are crispy and delicious cheesy snacks.

### YUMMERS

## Cabbage Fritters

By MARIE

When we were growing up, my mother made all kinds of fritters and used everything from string beans to clams, and each fritter was delicious in its own way.

Recently, my daughter, Ann Marie, found a recipe for cabbage fritters - these delectable fritters were very unique and had a great and savory flavor. This recipe is easy to make and only uses very few ingredients.

### Directions and Ingredients

1/2 half head of cabbage, washed and diced into small pieces  
1/2 cup of flour  
2 eggs  
1/2 teaspoon garlic powder (optional)

### Preheat oven to 375

Grate 6 tablespoons cheese (organic grass fed always best and healthiest). Monterey Jack or cheddar work great.

Add 2 tablespoons grass fed butter, 10 teaspoons flour, 10 teaspoons Rice Krispies (I use gluten free flour and sprouted organic brown rice cereal by ONE DEGREE. I use these for Rice Krispie treats, too).

Form into little balls and bake at 375 for about 10 minutes. Fun to eat while watching a movie!

### Salt and pepper to taste

3 tablespoons vegetable oil  
1/2 teaspoon baking powder (optional)

Wash and rinse the cabbage, then dice into small pieces and set aside.

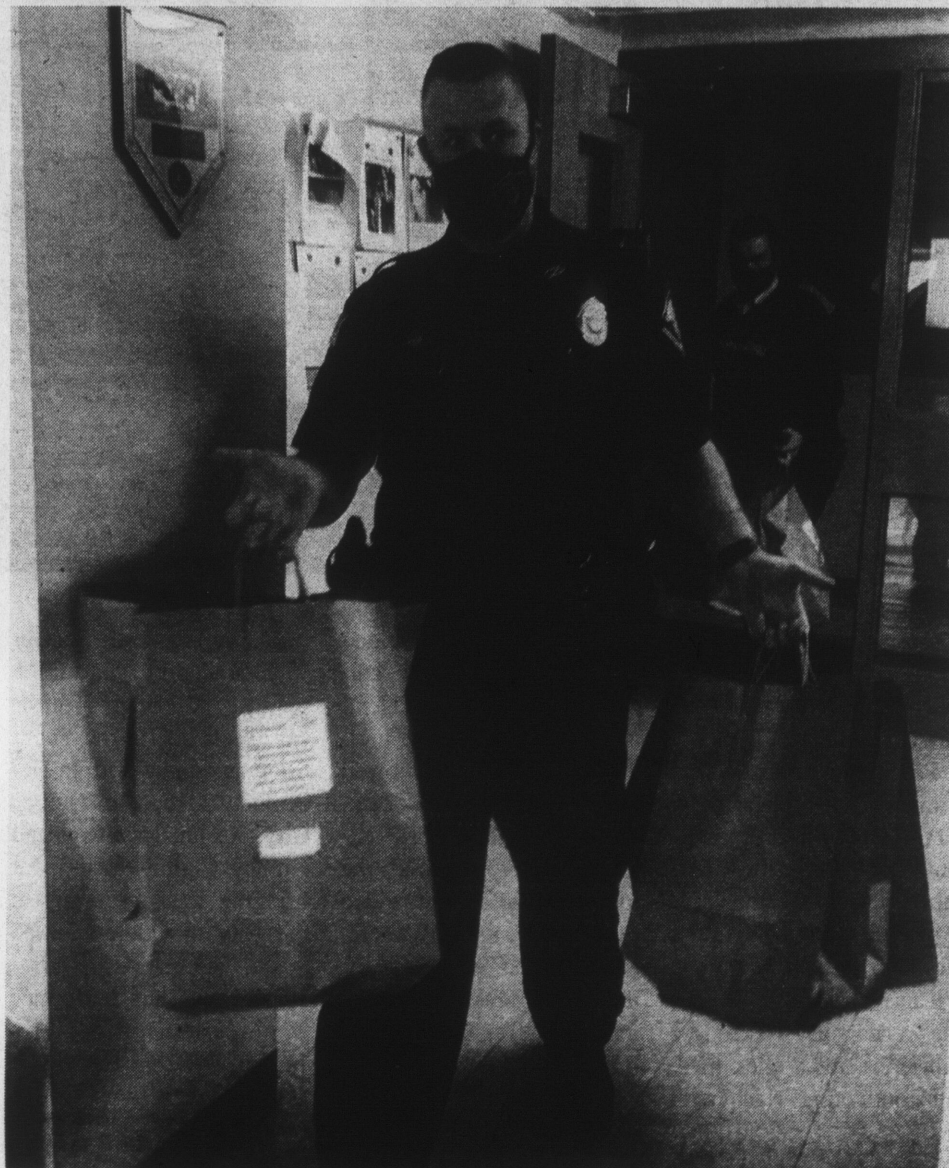
In large bowl, mix the eggs with all of the other ingredients, blend well. Add then the cabbage and stir until well blended.

In a large skillet, heat the oil. Drop the fritter batter by the spoonful and sauté until both sides are browned.

Place on paper towel to drain.

If you are not going to eat them right away, keep them in a warming oven until ready eat!

Enjoy! These fritters make a great side dish, snack or appetizer!



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# Weight Loss Solutions For The New Year

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES  
MSPH, BSN, RN,  
BC, CP-FS

Holiday parties went straight to your hips? Looking to jump-start your New Year's weight loss? Before reaching for any pill, powder, patch, exercise belt, or cream, remember this, a lot of products promising quick, easy and permanent weight loss are bogus. They can injure your wallet, and injure your health too.

Your weight is a balancing act, and calories are part of that equation. Fad diets may imply that counting carbs or eating a mountain of grapefruit will make the pounds melt away. But when it comes to weight loss, it's calories that matter.

Weight loss comes down to burning more calories than you take in. You can do that by reducing extra calories from food and beverages, and increasing calories

burned through physical activity. Once you understand that balance, you're ready to set your weight-loss objectives and make a plan for reaching them.

Talk to your doctor, family and friends for support. Ask yourself if now is the right time and if you're ready to make some necessary long term changes. Also, plan smart, anticipate how you'll handle encounters that challenge your resolve and the unavoidable marginal setbacks.

If you have serious health problems that are a result of your weight, your doctor may suggest weight-loss surgery or medications for you. In this case, you and your doctor will need to thoroughly discuss the prospective benefits and the possible risks. Bottom line is that the key to successful weight loss is a commitment to making indefinite changes

in your diet and exercise habits.

When it comes to losing weight, there's no scarcity of diet plans. Check any magazine rack or commercial on the television and you're bound to see the latest and greatest diet strategies. So how do you know if a diet plan fits your needs and lifestyle? Ask yourself these questions about any diet plan you're contemplating:

- Does it include various foods from the major food groups: fruits, vegetables, grains, low-fat dairy products, lean protein sources and nuts?

- Does it include foods you like and that you would enjoy eating for a lifetime — not just for several weeks or months?

- Can you easily find these foods in your local grocery store?

- Will you be able to eat

your favorite foods, or better yet, all foods?

- Does it fit your lifestyle and budget?

- Does it include appropriate amounts of nutrients and calories to help you lose weight safely and effectively?

- Is regular physical activity part of the plan?

If the answer to any of these questions is no, keep looking. There are sounder diet plans out there for you.

Fad diets are not the most successful way to lose weight and keep it off. These diets often promise rapid weight loss if you strictly reduce what you eat, or totally avoid some types of foods. Some of these diets may assist you to lose weight in the beginning, but these diets are usually difficult to adhere to.

Most people quickly get bored with them and regain any lost weight. More importantly, fad diets may be unhealthy. They may not provide all of the nutrients necessary for your body. Also, losing more than 3 pounds a week after the first few weeks may increase your chances of developing gallstones. Being on a diet of fewer than 1000 calories a day for an extended period of time may lead to serious health problems.

Research suggests, combining a reduced-calorie diet with physical activity to lose 1/2 to 2 pounds a week (after the first few weeks of weight loss), making healthy food choices, decreasing

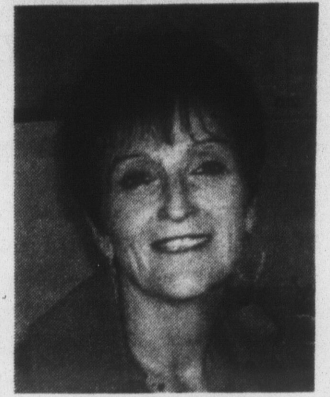
portions, and building exercise into your daily life may be the healthiest way to lose weight and sustain the loss. These habits may also lower your chances of developing heart disease, high blood pressure, and type 2 diabetes.

The key to successful weight loss is developing healthy diet and exercise habits. Although people appropriately focus on diet when they're trying to lose weight, being active also is an essential component of a weight-loss program. When you're active, your body utilizes energy (calories) to work, helping to burn the calories you take in from the food you eat. Cleaning the house, making the bed, shopping, mowing and gardening are all forms of physical activity. Exercise, on the other hand, is a structured and repetitive form of physical activity that you do on a consistent basis.

Whatever activity you choose, do it regularly. Aim for at least 150 minutes a week of moderate physical activity or 75 minutes a week of vigorous aerobic activity — preferably spread throughout the week. Keep in mind that you may need more physical activity to lose weight and keep it off.

Diet pills and surgery can help with weight loss, when combined with a healthy diet and physical activity. But diet pills aren't for everyone.

Neither is surgery. In



RUTH JONES

fact, many doctors consider them only if you have serious weight-related health issues. If you're in that group, you and your doctor need to carefully evaluate the potential benefits of diet pills or surgery and weigh them against the possible long-term risks. Your doctor will also counsel you about the lifestyle changes you'll need to make to be successful over the long term.

Although you can find diet pills and supplements at the pharmacy, supermarket, health food store and online, virtually none have been proved effective, and some are actually dangerous. Talk with your doctor before taking any diet pills or supplements.

Instead of getting down about dieting, rejoice in the lifelong health benefits you'll be creating. Losing weight becomes easy when you invest your mental energy in making positive, healthy changes for yourself and your well-being.

Focus on changes that you can make a part of your lifestyle seamlessly so you'll be able to sustain them for the long haul. Strive for a happy and healthy New Year!

Ruth Jones is the health commissioner for the City of Quincy.

## FR Shipyard Workers Diagnosed With Cancer Secure Cash Benefits From Multiple Private Trusts

Federal Courts Require Asbestos Manufacturers To Compensate Cancer Victims

Shipyard workers employed before 1981 diagnosed with various cancers are entitled to special benefits. Lung cancer, esophageal cancer, laryngeal cancer, pharyngeal cancer, stomach cancer, colon cancer, rectal cancer, and mesothelioma are frequently caused by asbestos exposure. Asbestos-laced products were used for decades at Fore River Shipyard. Neither employees nor management were aware of the asbestos risk.

Asbestos is a mineral that in its natural state is harmless. It becomes harmful

when it is pulled apart or ground up into flexible fibers. Then, when inhaled or swallowed, microscopic asbestos fibers may be permanently affixed to body tissue. Over many years, these fibers may cause genetic changes that can lead to cancer. According to the National Cancer Institute, "It can take from 10 to 40 years or more for asbestos-related cancers to appear."

To compensate cancer victims and the families of deceased cancer victims, Federal Bankruptcy Courts have required asbestos manufacturers to set aside hun-

dreds of millions of dollars in private trusts. Through these trusts, cancer victims can receive money damages by the filing of timely, detailed, and accurate claims.

Norris Injury Lawyers has announced a specific initiative to assist Fore River Shipyard employees in recovering money set aside for them in these asbestos trusts. Cancer victims or the families of deceased victims who worked at the shipyard before 1981 may call 800-478-9578 for a free evaluation of their claim. Additional information is available at [getnorris.com/asb](http://getnorris.com/asb).

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# FORE RIVER SHIPYARD

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Special trusts have been set up by vendors and suppliers of the Fore River Shipyard plant to pay asbestos victims.

You can make a claim without even leaving your home.

If you ever worked at the Fore River Shipyard plant before 1982 you may have been exposed to asbestos - and not even known it. You could be entitled to multiple cash settlements without even leaving your house, going to court, or filing a lawsuit.

If you ever worked at the Fore River Shipyard plant, you were likely exposed to asbestos. If you have been diagnosed with Lung Cancer (even if you are a smoker) - or Esophageal, Laryngeal, Pharyngeal, Stomach, Colon, Rectal Cancer or Mesothelioma, or know someone who died from one of these cancers, call

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Nationwide Service

Birmingham, Alabama attorney Robert Norris helps injured claimants, nationwide, collect case benefits from Asbestos Trusts. "No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers."



On Tuesday, Dec. 22, at approximately 6:30 a.m., officers were dispatched to an address for a report of a family disturbance.

While responding, Quincy Police Dispatch informed the responding units that two individuals are known to be at this address and both individuals have active arrest warrants. Upon arrival, officers were flagged down outside the home by the reporting person, a resident in his 80s. He stated that he was sleeping and woke up this morning to the sound of his 29-year-old granddaughter screaming in her bedroom. He stated he went to her room to see what was happening and observed her being assaulted her boyfriend. The male was on top of her and holding her down.

The elderly resident then contacted 911. At this time the granddaughter came outside and stated that her boyfriend fled the scene, but the caller believed the boyfriend may be hiding inside the home.

Officer Simmons, Officer Wood, and Officer M. Reilly went inside the home to check the scene and see if the boyfriend was still on site. They found him in the second floor

## A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS  
Public Information Officer  
Quincy Police Department

hallway hiding in an old 1970s era television set that had its interior removed and was being used in the home as a sort of storage for towels. He had climbed inside and was hiding. When officers ordered him to come out, he was armed with an electric razor. He was instructed numerous times to drop the object and eventually complied. He was then placed under arrest.

The female was placed under arrest on an outstanding warrant. Prior to leaving the scene, the elderly resident informed officers that the disorder was sparked by the two defendants arguing over who could wear a jacket which contained heroin in the pockets. The jacket belonged to the granddaughter. She was wearing that jacket at the time she was arrested.

While conducting a search incident to arrest, Officer O'Hare discovered a bag of heroin. It appears the cause for the domestic violence was the male suspect trying to take the heroin from his girlfriend.

Throughout the home was clothing and miscellaneous items belonging to both defendants. There was also a significant amount of used needles that the two defendants were using for drug use. The home was also dirty with cigarette ash on the floors and furniture. The scene was disturbing to look at and the elderly resident was clearly distraught about the condition of his home.

For this reason, based on his training and experience, Officer Reilly concluded that the elderly resident needed services due to abuse and neglect from his granddaughter. South Shore Elder Services was contacted via telephone in hopes that they can provide services to the elderly man.

The 29 year-old female from Quincy was arrested on the outstanding warrants and also charged with possession Class A (heroin). The 29-year-old male from Quincy was arrested on an outstanding warrant and also charged with A&B on an intimate partner.

# QUINCY POLICE CRIME AWARENESS JOURNAL

## WEDNESDAY, DEC. 23

**BREAKING AND ENTERING/PROGRESS (hears someone), 11:38 a.m., Quincy Shore Drive.** Upstairs heard someone inside apartment. The caller is upstairs alone and hears someone downstairs. Party checks out.

**LARCENY (package), 5:49 p.m., Morton Street.** In QPD lobby.

**VANDALISM/PROPERTY (window smashed), 8:30 p.m., Fusion Kitchen, 73 Franklin St.** Car window damaged caller has video.

## THURSDAY, DEC. 24

**LARCENY (past), 5:39 p.m., Walmart, 301 Falls Blvd.** Reporting party states she was at Walmart this morning and someone took her pocketbook and then someone turned it into customer service and the cash was gone - \$275. Reporting party lives in Dorchester. Informed an officer would call her.

**VANDALISM/PROPERTY (past/bike), 5:50 p.m., Sagamore Street.** Bike vandalized last night and stab her tires. Reporting party to gather more info and call back.

## FRIDAY, DEC. 25

**VANDALISM/PROPERTY (broken window), 11:24 a.m., Stewart Street.** Advised. Did not want case number.

## SATURDAY, DEC. 26

**LARCENY (past), 1:51 a.m., Boston Textile Co., Inc., 254 Washington St.** Caller who lives across from the above address states he saw a light skinned hispanic male in a light gray hoodie, possibly shorts, long hair, walking towards Store 24. Took about 3 or 4 boxes from above address. He states it happened about 30 minutes ago.

**VANDALISM/PROPERTY (past), 6:42 a.m., Friendly Cleaners, 497 Washington St.** Front door smashed in. Caller is owner of business and waiting for the officers outside of building. Window not door.

**VANDALISM/PROPERTY (damage to house), 10:16 a.m., Suomi Road.** Caller reports damage to his home possible neighbor problem.

## SUNDAY, DEC. 27

**LARCENY/MOTOR VEHICLE (blue Caddy DTS), 9:49 a.m., Presidents Lane.** Car taken from driveway. Car was unlocked and spare keys in center console. Happened this morning Dec. 27. Inbound with stolen MV form. Vehicle located in front of 39 Warren St. in Roxbury. No damage reported, ignition intact. Vehicle towed to Always Open Towing in Dorchester. Owner notified of vehicle recovery, given two company information and vehicle cleared from CJIS.

**LARCENY (stolen shoes), 11:42 a.m., Liberty Street.** Unknown party poss was in locked storage unit. Took shoes, reporting party lives in Boston.

**VANDALISM/PROPERTY (lights damaged), 11:42 a.m., Shirley Street.** Christmas lights wires cut.

**VANDALISM/PROPERTY (house egged), 12:09 p.m., Cummings Avenue.** Caller said his car was egged three weeks ago and today their front door and windows were egged. Caller was able to wash it off.

**VANDALISM/PROPERTY (past MV), 4:20 p.m., 175 Centre St.** Callers rear windshield smashed, no suspect - 2017 Ford Fusion.

## MONDAY, DEC. 28

**LARCENY (package), 12:58 p.m., Deco Apartments, 625 Burgin Parkway Ext.** Caller reports a package he had delivered was stolen from lobby of building. Package contained a AMD CPU computer valued at over \$1,200.

**VANDALISM/PROPERTY (egging), 9:48 p.m., Broadway.** Caller's house was egged sometime over the week.

## TUESDAY, DEC. 29

**VANDALISM/PROPERTY (to house), 8:32 a.m.,**

**Mount Vernon Street.** Son's ex-girlfriend threw stuff on lawn overnight. Text son and told him she was doing it. Scratched car in driveway.

**VANDALISM/PROPERTY (fence knocked down), 10:07 a.m., Darrow Street.** Multiple youths pushed down fence last night at property line. Has video of youths in group that are regularly hanging out on the street and at Labreque Field. Nightly ongoing problem.

## WEDNESDAY, DEC. 30

**LARCENY (medications), 9:48 a.m., Cleverly Court.** Reporting party was told an officer would give her a call back.

**LARCENY (no suspect), 1:36 p.m., Northeast Health Fitness, 100 Quincy Ave.** Lockers gone through members missing money and one is missing a jacket. Victims not on scene. Employee looking for report. Report party left gym prior to speaking to officer; will call next time he is in.

## THURSDAY, DEC. 31

**BREAKING AND ENTERING/PAST (residence), 4:49 p.m., Quincy Shore Drive.** Appears that suspects removed screws from door then shimmed it open. Believed to have occurred sometime overnight. Unit is under construction and nothing appears to be missing at this time.

**VANDALISM/PROPERTY (MV damage), 9:39 p.m., South Street and Southern Artery.** Vehicle was egged by unknown youth on Southern Artery.

**VANDALISM/PROPERTY (car egged), 10:37 p.m., South Street and Southern Artery.** Caller said his car was egged while driving by the Clifford Marshall School around 9:30 p.m. tonight.

## FRIDAY, JAN. 1

**LARCENY (pain medication stolen), 3:56 p.m., Centre Street.** Male states that his neighbor was leaving his home as he was on his way home from DD. He states he is now missing his pain medication from this coffee table. 96 Oxycondone missing. Happened about five minutes ago. Apartment door was left unlocked. Caller will let officers in.

**VANDALISM/PROPERTY (past MV/tire slashed), 4:47 p.m., Centre Street.** Happened about three minutes ago. Male inside 22 Centre Street came out and slashed his tire. Was witnessed by him. A/DW (knife) suspect fled on foot. The suspect W/M 5'11", gray hooded sweatshirt, possibly in a 2001 Red Ford F250 complaint to be issued. MV was able to be moved.

**VANDALISM/PROPERTY (open line), 6:05 p.m., Southern Artery.** Reporting party reporting someone in the woods near the Marshall School threw and egg at his truck. He was unable to locate possible suspect or provide a description.

**VANDALISM/PROPERTY (garage door), 6:14 p.m., Albatross Road.** Group of youths damaged caller's door; eight youths walking towards Shelton Road. Youths gone on arrival.

**Breaking & Entering in Past:** Quincy Shore Drive  
**Breaking and Entering MV:** Russell Street, Coveaway, Burgin Parkway, Presidents Lane, Faxon Road  
**Larceny MV:** Faxon Road

Total calls for service: 1,337

## 4 Tips For Your Retirement Planning As A New Year Brings New Hope

Cont'd From Page 4

testate). When writing a will, we recommend working with an experienced lawyer or estate planning attorney. Keep in mind, your beneficiary designation trumps what's written in a will so be sure all your wishes are aligned.

If your estate is large and complex and you want to spell out how your estate should be used in detail, consider a revocable living trust. The cost for a revocable living trust is typically more expensive. Therefore, it is highly recommended to talk with a qualified estate planning attorney to see which estate plan makes the most sense for you.

Next, have in place durable powers of attorney for health

care or patient advocate assignments. In these documents, appoint trusted and competent individuals to make decisions on your behalf if you become incapacitated. Make sure they understand your medical wishes. Lastly, take care of important estate documents. Make sure a trusted and competent family member or close friend knows the location of your important estate documents. You may even want to consider uploading your estate documents in a digital format for easier access.

Remember you don't have to do everything at once. There's a lot you can do to improve your financial health. Take one step at a time and constantly make small improvements throughout 2021.

## Burke Donates Over \$100,000 To Charities in 2020

Attorney George Burke announces he donated more than \$100,000 in 2020 to over 23 organizations, academic institutions and charities in 2020.

Those receiving donations from Burke in 2020 are:

Quincy High School Girls Hall of Fame, Interfaith Social Services, Maria Droste Counseling Services, The Salvation Army, Friends

of the Unborn, Thayer Academy, DOVE, Inc., The Highpoint Foundation, Inc., Supportive Living, The University of Maine, The Emily Dickinson Museum, The University of Massachusetts (scholarships), Boston College Law School, Father Bill's & MainSpring, Quincy College, Quincy Community Action Programs, The Newman Catholic Center at UMass Amherst, Saint

Ann's Parish, Quincy Historical Society, South Shore YMCA, Georgetown Law, United States Coast Guard Academy, Sisters of Saint Benedict and Boy Scouts of America.

Burke said this is the 18th year he has given his own retirement distribution to organizations and charities that help the less fortunate. He said he has donated nearly \$2 million to local

charities for many years.

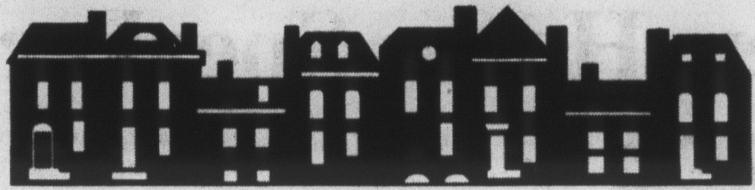
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# Real Estate

## Quincy Real Estate Transactions December 28 - December 31

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Matthew P. Martin & Emily M. Milone	Tabitha Golatti	\$540,000.00	892 Sea Street
Garnet J. Goss	Ali L. Beyranevand	\$375,000.00	6-7 Brinsley Street
Corrina & Christopher Riggs	Michael J. Gillis	\$457,000.00	89 Cliff Street
Sumner Townhouses LLC	Minh Van	\$370,000.00	27 Sumner Street
Tyler Norris	Heather L. Gillam	\$325,000.00	53 Lind Street
Brian P. Reynolds	James, Mary A. & Michelle Meehan	\$485,000.00	135 Federal Avenue
Baker Court LLC	Daymon Smith	\$735,000.00	178 Robertson Street, Unit 9
Louis A. & Alexandra Jannetty	Juliet Tandy	\$495,000.00	79 East Elm Avenue
Donna DiBella & Sandra M. Moriarty	Yong S. & Wenzhen Lin	\$980,000.00	114 Sagamore Street
Richardo D. Silva	Jessica & Doris Wong	\$780,000.00	33 Stedman Street
Mayra Y. Cuello	Lindita Gaba	\$310,000.00	1025 Hancock Street, Unit 4B
Anne Greally	Adile Mehmeti	\$634,900.00	18-20 O'Connell Avenue
Brian & Tyler Griffin	Paul Graham	\$357,000.00	934 Southern Artery, Unit 216
100 Grandview Avenue Unit 9-A Realty Trust	May M Y Lu	\$277,000.00	100 Grandview Avenue, Unit 9-A
Amy Caprigno	Sao K. Chan	\$242,500.00	35 Desmoines Road, Unit 401
Baker Court LLC	Marish R. D. Raju	\$640,000.00	178 Robertson Street, Unit 3
Kathleen R. Creedon	Sean & Erin Perkins	\$635,000.00	70 Viden Road
Zhuoyong Situ & Ping L. Chu	Xingchao Zhen & Xiaotong Ma	\$398,000.00	196 Quincy Shore Drive
Giovanni & Susan M. Milone	Michael Callahan & Jessica Carroll	\$650,000.00	54 Lenox Street
			7-11 Marshfield Street
			109 Standish Avenue
			61 Shennen Street
			106-108 Hall Place
			42 Gilmore Street, Unit D
Boston Property Holdings LLC	Xinhui & Meiduan Lin	\$645,000.00	
Jacqueline A. Pomposelli	Brian Gaffey	\$422,000.00	
Sandhu Properties LLC	Kashmir Singh	\$460,000.00	
Richard Gavegnano	Enon Realty Trust	\$500,000.00	
Samuel A. Stevenson, Kimberly Stevenson & William Stevenson	Anthony Falco	\$400,000.00	6 Germain Avenue
Hays Family Realty Trust	Andrea So	\$209,999.00	1145 Hancock Street, Unit 1145D
Arthur W. Anderson	Brandon W. Bergstrom	\$612,000.00	1206-1210 Sea Street
Paul W. Hanlon	Jola Korca	\$585,000.00	42 Maypole Road
Estate of William F. O'Neil	Jaclyn J. Morrissey	\$520,500.00	56 Maypole Road
Dermot J & Eileen B. Fox	Xiaoyan & Ashish Manandhar	\$600,000.00	53 Marshall Street
Paul J. Rogan	Kim H. Ngo & Ho Y. Wan	\$330,000.00	1 Cityview Lane, Unit 203

## Excessive Shopping, Unnecessary Accumulation Lead To Clutter

Ask Barbara Graceffa: 'Secretary Of The Interior'

I definitely have too much "stuff." If you could give me one piece of advice, what would it be? *Kelly Ann*

Ooh, sounds like a new year's resolution to declutter, no? My one piece of advice: change your shopping habits. It's as simple as that to prevent your "stuff" from growing out of control.

Would you be surprised if I told you there are more shopping malls than high schools in our country? Here are some more sobering, nay frightening, figures on excessive consumption and needless accumulation excerpted from 21 Surprising Statistics Reveal How Much Stuff We Actually Own.

Women will spend more than eight years of their lives

shopping (The Daily Mail).

Americans spend more on shoes, jewelry, and watches (\$100 billion) than on higher education (Psychology Today).

Each year, the average American family spends \$1,700 on clothes (Forbes) and throws away 65 pounds of clothing (Huffington Post).

Americans spend \$1.2 trillion annually on nonessential goods—in other words, items they do not need (The Wall Street Journal). Some reports indicate we consume twice as many material goods today as we did 50 years ago (The Story of Stuff).

There are 300,000 items in the average American home (LA Times).

The average size of the American home has nearly tripled in size over the past 50 years (NPR). And still, 1 out of every 10 of us rents offsite storage. (New York Times Magazine). The United States has upward of 50,000 storage facilities, more than five times the number of Starbucks. (Self-Storage Association)

Some 25% of people with two-car garages don't have room to park cars inside them while 32% only have room for one vehicle. (U.S. Department of Energy)

The average 10-year-old owns 238 toys but plays with just 12 daily (The Telegraph). And 3.1% of the world's children live in America, but they own 40% of the toys consumed globally (UCLA).

In closing, I hope this upstream solution will help you think twice when you go shopping! For daily tips on decluttering this month, follow my Facebook page @secretary-interiordecorating with the hashtag #daybydaydecluttering.

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at [barbara@sec-interior.com](mailto:barbara@sec-interior.com).

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit [www.sec-interior.com](http://www.sec-interior.com). Or you can reach her at 617-921-6033.

## READERS FORUM

### SW Quincy Neighbors: Bridge Lawsuit Waste Of Money

(Editor's note: A copy of the following letter was submitted to The Quincy Sun for publication.)

Dear Members of the Quincy City Council:

The residents in South West Quincy are questioning how much of our tax dollars are going towards the legal fees by the City of Quincy, trying to stop Boston building or re-establishing the Long Island Bridge?

We read in the Boston Globe, Dec. 10, 2020 edition regarding Quincy suing Boston on building the bridge to Long Island, and re-establishing the much needed teaching and treatment center there, along with several acres of agricultural land there is already. . . Our opinion is that there is no significant negative impact of having the bridge built, yet we are among the taxpayers who are financing this frivolous lawsuit, and agree it is a waste of our taxpayers' hard earned money.

The Long Island facility operated many years, and has a long history of serving the residents of Massachusetts, including Quincy, as a hospital, and later years substance abuse treatment center and shelter, until the bridge was

deemed unsafe and was taken down.

Former Boston Mayor Tom Menino established the present center and invested millions to make that facility a multifaceted modern treatment and education center, which also included agricultural land producing a vast variety of vegetables for their commercial /teaching kitchen as well as for the area farmers' markets, including Quincy.

We the residents in South West Quincy hope this bridge is going to be built and can once again serve the urgent need of a treatment facility and as a bonus producing fresh, organic vegetables for area residents.

Thank you for looking out for our hard earned tax dollars. We kindly suggest that the City of Quincy would support Boston in these efforts instead of fighting and spending our tax dollars.

Sincerely, for South West Quincy Neighborhood Association, Est. 2012

Anneli Johnson  
Garfield Street  
Quincy

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# Mariano Sets Goals As New House Speaker

Cont'd From Page 1

of the House and to have earned the trust and confidence of my esteemed colleagues."

"As I stand at this rostrum as your next Speaker, I'm reminded of my very first day in this chamber," Mariano said. "I was born and raised by the shipyards of Quincy, where my father earned his living, after his father left Italy with his sights set on the American dream. When I first took the oath of office, I did so on their shoulders, and under the watchful reminders of our founding moments, depicted in the scenes above me."

"These scenes reflect an undeniable truth, that should both humble and inspire us: America follows Massachusetts' lead. From the founding years of this country, to the social and scientific advances of modern times, Massachusetts has always been the spearhead of progress."

After reflecting on a number of initiatives the Legislature has approved during his tenure on Beacon Hill — including health care reform in 2006, increases to minimum wage and the 2019 Student Opportunity Act — Mariano said the state finds itself "in a moment of reckoning."

"No family, no community, no one has been left untouched by this pandemic. Ten months in, we remain in a state of uncertainty at best, and in far too many cases dealing with grief or job loss," Mariano said.

"All of us have faced challenges, whether it be with at-home learning, providing for the oldest and youngest in our care, or with maintaining our own mental health. And certainly no one has sacrificed more than our frontline health care workers, public safety personnel, and even our grocery store clerks."

"The climb back to where we were just one year ago will be a long one, but this is job number one: meeting the needs of each resident throughout this time of crisis."

"Getting back to where we were a year ago is not enough," Mariano added, stating that, "There is another crisis this pandemic has revealed."

"The great divide between rich and poor, Black and White, rural and urban, has been made all too obvious. The disproportionate suffering of communities of color, in particular, has exposed the frailty of our safety net and the inequality that has been hiding in plain sight."

"We must turn this crisis into an opportunity to make lasting, positive change. President-Elect Joe Biden has said that his presidency will be focused on 'building back better.' Well I say, 'Look to Massachusetts, Mr. President!'"

To boost the state's recovery, Mariano said the state needs to invest in community colleges and place them "at the center of the retooling of Massachusetts workers."

When people do return to work, they should face commutes no longer than one hour, Mariano stated.

"That means strengthening our infrastructure. Not just the rails, roads, and bridges that carry workers to their offices and job sites, but the broadband, and high-speed internet that will allow more people to work from home," he said.

"In a modern economy, everyone needs access to affordable, high-speed internet. We've invested millions in laying cable to reach the rural and oftentimes overlooked areas of our state. But we have failed to appreciate the depth of the digital divide in our most populated cities."

"We are also at a breaking-point in terms of our housing infrastructure. People want to live and work in Massachusetts, but we don't have the housing stock to welcome them. Meaningful zoning reform can change that."

"The one-hour-or-less commute also means we can't create all the jobs in one small corner of the Commonwealth. We need



QUINCY STATE REP. Ron Mariano was elected the new speaker of the MA House of Representatives Dec. 30. Mariano, a former Quincy school teacher who was elected state representative in 1991, is the first Quincy resident to serve as House speaker since American Revolution Patriot John Hancock. "I've been involved in public service a long time," Mariano said. "I view this as the opportunity to end my career at the highest possible level." Courtesy Photo

to create opportunity in each county, from Berkshire to Barnstable, and everywhere in between."

Mariano said it was important to strengthen community hospitals, which he stated, "not only form an important part of our health care landscape but are also critical economic engines in the gateway cities where they're located."

"I'm also committed to addressing the biggest health care dilemma facing this country: the skyrocketing cost of pharmaceuticals," Mariano added. "The challenge we face is curbing the cost of the generic drugs millions need to live, while also encouraging the scientific breakthroughs that are giving new hope to people suffering from rare diseases."

In a phone interview on Dec. 29, the day prior to the vote in the House, Mariano said he viewed his election as speaker as the capstone of a 30-year career in public service that started when he was teacher in the Quincy school system.

"I've been involved in public service a long time," he said. "I view this as the opportunity to end my career at the highest possible level."

He also vowed to continue to advocate on behalf of his constituents in Quincy and the rest of the district.

"No one has to explain to me the problems of the city because I live them," Mariano said, pointing to

traffic on state highways and service on the MBTA's Red Line and bus routes.

"I can be an advocate on behalf of the constituents and be responsive to them."

Mariano — whose district includes all of Ward 2 and Precinct 5 of Ward 4 in Quincy as well as parts of Weymouth and Holbrook — is the third Quincy resident elected speaker of the state House of Representatives. Col. John Quincy, the city's namesake, was speaker from 1729 to 1741 and John Hancock held the post from 1779 to 1780. Other notable speakers include Josiah Quincy III, who also served as mayor of Boston and president of Harvard, and Thomas "Tip" O'Neill, who would later become the speaker of the U.S. House of Representatives.

The speaker presides over the House and helps control the flow of legislation. They are also responsible for appointing committee chairs.

In a statement, Gov. Charlie Baker and Lt. Gov. Karyn Polito, both Republicans, congratulated Mariano on his election and said they looked forward to working with him.

"Over the years, Speaker Mariano has worked collaboratively with our Administration on a variety of important initiatives, including health care policy, and he brings decades of experience and knowledge to this important leadership position," Baker and Polito

wrote.

"We look forward to working with the Speaker and his team as we head into the new year and continue to tackle many pressing issues facing the Commonwealth."

Other members of Quincy's delegation on Beacon Hill, all Democrats, welcomed Mariano's election as speaker.

Rep. Bruce Ayers said Mariano's "experience and knowledge of how the legislature works is unmatched."

"Ron has always fought hard for his district, the city of Quincy, and the entire Commonwealth of Massachusetts," Ayers said in a statement. "He's played a major role in the passage of almost every notable law that has come out of the legislature in over a decade. His leadership on healthcare reform, on increasing education funding through the Student Opportunity Act, and his continued activism for the film tax credit has made Massachusetts a better place to live, work, and raise a family."

"As Majority Leader, Ron's door is always open to me and to others. He's stayed true to his roots as a teacher, patiently helping members navigate the legislative process. He recognizes the strengths of his members, and he makes a concerted effort to put them in a position to successfully serve their constituents."

"No one is more prepared to be Speaker than Ron. I'm proud to support him and look forward to continuing to work with him as he serves as Speaker."

Rep. Tackey Chan called Mariano's election a historic moment for the city.

"I am very proud and excited to elect Ron Mariano as the next Speaker of the House of Representatives," Chan said in a statement. "We are very fortunate to have someone with Ron's experience and wide breadth of knowledge leading the House. He is a compassionate and thoughtful person whose steady hand will help us through these difficult times."

"As the first Speaker from Quincy since John Hancock in 1780, this is a historic moment for our community."

Sen. John Keenan said Mariano would provide steady leadership.

"Speaker Mariano has played a leading role in just about every significant piece of legislation that has become law over the last several years. He knows the issues, knows how to get things done, and certainly will provide steady leadership during these difficult times," Keenan stated.

"Locally, I look forward to continuing our work together along with Representatives Ayers, Chan, and Hunt on behalf of the residents of Quincy."

"I congratulate Speaker Mariano and wish him well."

Mayor Thomas Koch said he has known Mariano for 30 years, dating back to Mariano's time as a school teacher.

"He had a very soft spot for the children," Koch said in a phone interview, adding that Mariano played an important role on the city's school board during his time there.

The mayor said Mariano would provide a steady hand as the new speaker.

"He's obviously been a loyal soldier to the speaker as majority leader. He has been involved in landmark legislation involving insurance. I think it is an excellent choice," Koch said.

"We are in unprecedented times and it is a wise choice on behalf of the body to have a steady hand at the helm."

The House's vote also reflects well on Quincy, Koch added.

"It's not only an honor for the individual, it's also an honor for their hometown, in this case the city of Quincy," the mayor said.

Robert Cerasoli, the former state representative whose seat Mariano was elected to in 1991, said Mariano is an ideal speaker because he believes in conflict resolution and reconciliation.

"He is the perfect speaker," Cerasoli said.

Cerasoli and Mariano both attended the former Quincy Point Junior High School together and have been friends since.

"I'm very, very happy for him," Cerasoli said. "I think he will do wonderfully as speaker and it will be fantastic for the city of Quincy. I couldn't be happier for him."

Daniel Raymondi, the former Ward 2 city councilor, said he has been friends with Mariano since they grew up together in Quincy Point.

"I couldn't be more thrilled or happy for him. He works tirelessly for his constituents," Raymondi said. "It's a great day for us Quincy Pointers."

Raymondi said Mariano looks out for working families and cares strongly about education. He also described Mariano as a willing listener.

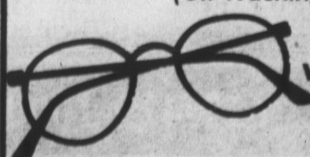
"He's very inclusive and he listens to everybody," Raymondi said. "I have every confidence he will do a great job."

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# House Speaker Ronald J. Mariano Acceptance Address – Dec. 30

The following text is the acceptance address following Rep. Ron Mariano's election as Speaker of the Massachusetts House of Representatives to colleagues Dec. 30.

Today is really the culmination of decades of my life in public service. And I'm so grateful for the opportunity to mark this occasion with you all, whether you're here in the chamber or watching from home. But I'm also mindful that because of this pandemic, we will not be able to celebrate the distinguished careers of so many of our colleagues with the traditional farewell addresses.

Those members who are leaving this session are: Representatives William Crocker; Dan Cullinane; Stephan Hay; Jonathan Hecht; Randy Hunt; Louis Kafka; Dave Nangle; Hank Naughton; Thomas Petrolati; Elizabeth Poirier; Denise Provost; Teddy Speliotis; Jose Tosado; Aaron Vega; and Roselee Vincent.

And I want to pay a special tribute to the Dean of the House, who is retiring after 23 terms. I want to thank Representative Angelo Scaccia, forever the Gentleman from Readville, for joining us today through extremely challenging personal circumstances.

As many of you know, this man is a Marine, and a decorated veteran of the Vietnam War, who came home and decided to continue to serve his community by seeking elected office. For decades, he has been a steadfast champion of social services, of the safety net for the most vulnerable, and of the many programs that are a quiet lifeline to so many.

We've served together for a long time. And during that time we've been on the same side of many issues. We certainly haven't been in agreement on every issue. But I've always, and will always, hold a deep respect for his service to our country, and to the Commonwealth of Massachusetts.

I'm grateful for your participation here today, Angelo.

It's a true honor to be elected Speaker of the House and to have earned the trust and confidence of my esteemed colleagues. And it's not lost on me that I accept this great honor in a historic chamber that is nearly empty. But even with our members scattered throughout the Commonwealth, these walls still inspire a sense of awe and reverence.

And as I stand at this rostrum as your next Speaker, I'm reminded of my very first day in this chamber. I was born and raised by the

shipyards of Quincy, where my father earned his living, after his father left Italy with his sights set on the American dream. When I first took the oath of office, I did so on their shoulders, and under the watchful reminders of our founding moments, depicted in the scenes above me.

These scenes reflect an undeniable truth, that should both humble and inspire us: America follows Massachusetts' lead. From the founding years of this country, to the social and scientific advances of modern times, Massachusetts has always been the spearhead of progress.

As State Representative for Quincy, Weymouth, and Holbrook, and as Majority Leader, I have had the privilege of serving my constituents in this House and playing a part in that Massachusetts mantle of leadership.

It was not too long ago that access to high-quality, affordable health care was out of reach for hundreds of thousands of uninsured people in our Commonwealth. But our Health Care Reform Law of 2006 changed that, and it went on to serve as a template for the Affordable Care Act nationally. I was Chairman of Financial Services at that time, and served on the conference committee that got that law to the governor's desk.

Massachusetts is the greatest incubator for innovative thinking. In our world-class universities and research institutions and, yes, right here in the House of Representatives.

Whether it's health care policy, the groundbreaking victory of same-sex marriage, or implementing the toughest gun laws in the country, other states turn to Massachusetts for leadership in matters of public policy.

In recent years, the House has much to be proud of. And for that, every member of this body, and all the residents of the Commonwealth, owe a debt of gratitude to Speaker Bob DeLeo.

During the nearly 12 years of his leadership, Speaker DeLeo brought to this chamber an unprecedented level of stability, respectful debate, and consensus-building. The result of that has been an impressive list of accomplishments.

After years of disciplined investment in our Rainy Day Fund, his steadfast fiscal leadership made possible a strong Fiscal Year 2021 budget, in an otherwise struggling economy. That rainy day has come, and those funds have been used to avoid major cuts to vital programs.

He also helped establish Massachusetts as a model for gun control laws; raised the minimum wage to \$15 an hour; and guaranteed paid sick leave for workers.

He worked to protect the rights of transgender people, and then helped beat back a referendum seeking to repeal the law. He put us on the path toward racial justice with comprehensive criminal justice reform, and guided us through the adoption of modern standards for training and accountability in law enforcement.

Public school teachers, like my wife Eve and I, know more than anyone the dire need to increase state support for our schools. The Student Opportunity Act makes a long-overdue update to the current funding formula, along with increased support of other vital education aid programs. And we must renew this commitment to our students during our economic recovery.

But while we may be proud of our history of leadership and the gains we've made, there is no question that we find ourselves in a moment of reckoning.

No family, no community, no one has been left untouched by this pandemic. Ten months in, we remain in a state of uncertainty at best, and in far too many cases dealing with grief or job loss.

All of us have faced challenges, whether it be with at-home learning, providing for the oldest and youngest in our care, or with maintaining our own mental health. And certainly no one has sacrificed more than our frontline health care workers, public safety personnel, and even our grocery store clerks.

The climb back to where we were just one year ago will be a long one, but this is job number one: meeting the needs of each resident throughout this time of crisis.

That has been the focus of our work over these past 10 months. The members of our Covid-19 Working Group have guided us through the daunting logistical challenges of gathering virtually.

Their work allowed us to pass crucial legislation in response to the ongoing pandemic. We provided tax relief to small businesses. We increased unemployment benefits, and implemented the strongest eviction and foreclosure moratorium in the country. We've made telehealth a permanent fixture in our health care system, and expanded the options available for voters to cast their ballots.

But make no mistake.

Getting back to where we were a year ago is not enough. There is another crisis this pandemic has revealed: The great divide between rich and poor, Black and White, rural and urban, has been made all too obvious. The disproportionate suffering of communities of color, in particular, has exposed the frailty of our safety net and the inequality that has been hiding in plain sight.

We must turn this crisis into an opportunity to make lasting, positive change. President-Elect Joe Biden has said that his presidency will be focused on "building back better." Well I say, "Look to Massachusetts, Mr. President!"

It's a Massachusetts company that has given the world one of the vaccines that promises a return to normalcy. And it was this Legislature that made the billion-dollar investment so that the biopharmaceutical industry could take root right here.

We should be proud to say this recovery will be "Made in Massachusetts."

That recovery begins by getting people back to work and investing in our community colleges—placing them at the center of the retooling of Massachusetts workers.

And when people do go back to work, there's no reason that anyone's commute should be longer than one hour. That means strengthening our infrastructure. Not just the rails, roads, and bridges that carry workers to their offices and job sites, but the broadband, and high-speed internet that will allow more people to work from home.

In a modern economy, everyone needs access to

affordable, high-speed internet. We've invested millions in laying cable to reach the rural and oftentimes overlooked areas of our state. But we have failed to appreciate the depth of the digital divide in our most populated cities.

We are also at a breaking-point in terms of our housing infrastructure. People want to live and work in Massachusetts, but we don't have the housing stock to welcome them. Meaningful zoning reform can change that.

The one-hour-or-less commute also means we can't create all the jobs in one small corner of the Commonwealth. We need to create opportunity in each county, from Berkshire to Barnstable, and everywhere in between.

The path to that reality is making Massachusetts a leader in the green economy. We are on the cusp of an offshore wind energy revolution, and it will begin off of our shores.

It also means strengthening our community hospitals, which not only form an important part of our health care landscape, but are also critical economic engines in the gateway cities where they're located.

I'm also committed to addressing the biggest health care dilemma facing this country: the skyrocketing cost of pharmaceuticals. The challenge we face is curbing the cost of the generic drugs millions need to live, while also encouraging the scientific breakthroughs that are giving new hope to people suffering from rare diseases.

This is a tall order, but I know how the work gets done: by listening first, and understanding where people

are coming from. Only then can we build consensus around legislation that can make the lives of people better. And that can be passed and signed by the governor. This is often frustrating work. But it does work.

The House benefits from a wide range of passionate voices. After years of frustrating results from Washington, a new generation of advocates have focused their energies on state government. We have, and we must continue, to rise to the occasion.

Although we may approach issues differently, it is our partnership that gets things done. I welcome those new voices, hungry for change. Who are not afraid to press for more, and who expect us to be bold.

But it's also my job to know that just agreeing in principle to calls for bold change is not enough. In the reality of governing, we must live in the world of the possible, and to not make perfection the enemy of progress.

While this may be an introduction for most people outside this chamber, for my colleagues, this isn't the first time you've heard me talk about these issues. The truth is, one of the most rewarding parts of my job has been building relationships with each of you.

I've kept my door open, and whether you've been here for decades or only a few weeks, you've walked in to pay me a visit. And we start where all important change begins: with a conversation.

I pledge to all of you that my door will continue to be open. I look forward to our continued collaboration and exchange of ideas. We have a lot of work to do together.

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## Public Access Channel 8

**Thursday, January 7**  
5:00pm: Bethany Congregational Church  
7:00pm: Jazzy Bill's Christmas Special, Part 1

**Friday, January 8**  
11:30am: Currently in Quincy  
8:00pm: Q vs. NQ Boys Hockey (2012)

**Saturday, January 9**  
12:00pm: Recovery Recreation  
1:00pm: The Call

**Sunday, January 10**  
10:00am: Bethany Congregational Church  
11:30am: Good News

**Monday, January 11**  
11:30am: Currently in Quincy  
8:00pm: Q vs. NQ Girls Basketball (1998)

**Tuesday, January 12**  
7:00pm: AM Quincy: Mayor Thomas Koch  
7:25pm: AM Quincy: Maria Droste Counseling

**Wednesday, January 13**  
5:00pm: Good News  
7:00pm: The Call

## Government Access Channel 9

**Thursday, January 7**  
1:30pm: Falls Prevention and Stress Management  
6:00pm: At Your Library: January Happenings  
8:00pm: MA House Full Formal Sess 12/28 & 12/29

**Friday, January 8th**  
1:30pm: Healthy Cooking

**Saturday/Sunday, January 9/10**  
3:00pm: ATL Concert: Enchanting Odissi, Mouli Pal  
7:00pm: Ultimate Boston Red Sox Time Machine

**Monday, January 11**  
12:30pm: Finding Strength & Balance  
1:30pm: Healthy Cooking  
6:30pm: LIVE: Quincy City Council

**Tuesday, January 12th**  
9:00am: Balance Class for Adults Over 60  
10:00am: Exercise With Karen  
12:30pm: Eldys' Yoga II  
1:30pm: A Cranberry Harvest

**Wednesday, January 13**  
9:00am: Tai Chi with Vince Journales  
1:00pm: Zumba Gold I w/Mary Ellen Reardon  
1:30pm: Meet the Author

Programming is subject to change.

For a complete list of programs, please visit our website at [qatv.org](http://qatv.org)



# Survey Of The Original Replica Granite Railway Car

## Artifact To Be Restored For City's 400th Anniversary

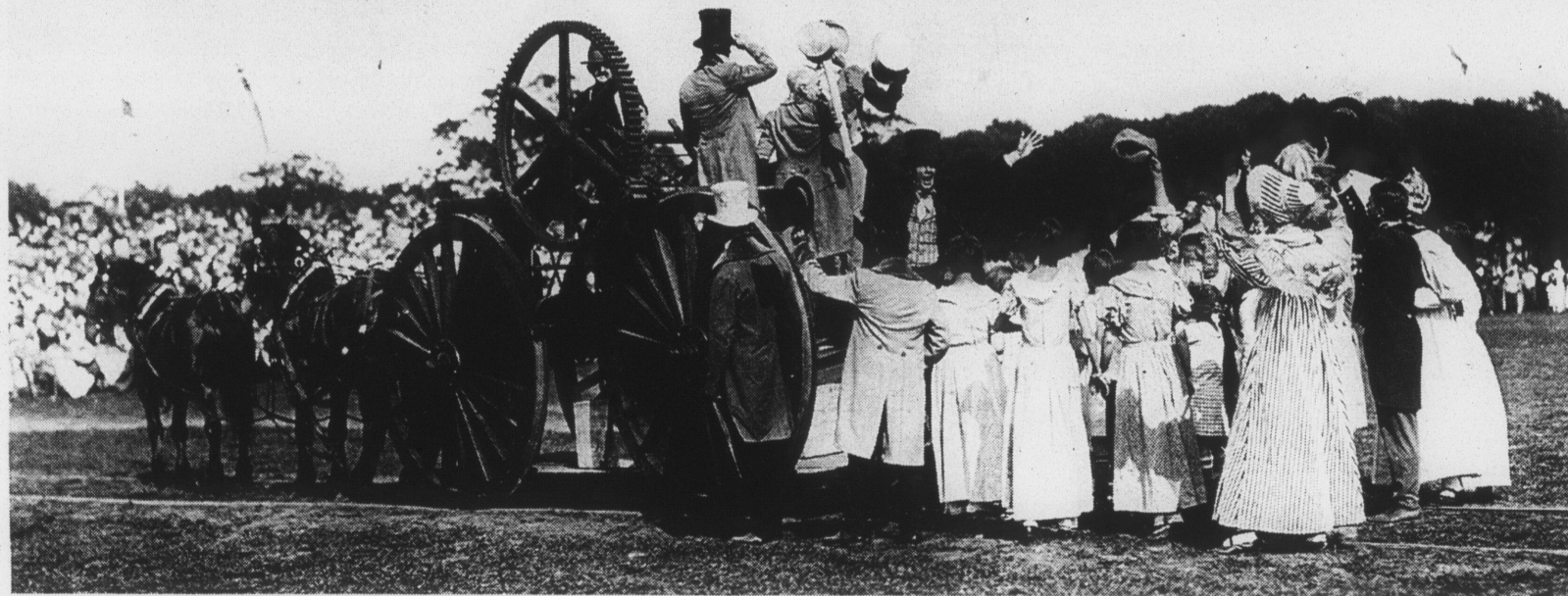
The Quarry Museum has hired Blackburn Restoration for the first phase of the restoration of the Granite Railway car.

Museum president Al Bina, museum historian Tom Bonomi and Bob Damon Director for Historic and Heritage Resources for the City of Quincy met with representatives of Blackburn to view the components of the rail car in storage. Representatives from Blackburn included Walter Eayrs, Ted Eayrs and William Staples, a restoration expert from The Plains, Virginia who specializes in restoration of horse drawn wagons and railcar restoration.

The goal of this survey is to evaluate the existing conditions and functionality of all of the remaining parts of the 1926 replica of the original Granite Railway car. The replica was built for the Granite Railway Company by the Scammell Carriage & Manufacturing Company of Quincy to recognize and celebrate the 100th anniversary of the Granite Railway the first commercial incorporated railroad in America.

The replica was designed and created using Gridley Bryant's original plans for the railway car. Since the time of its construction 94 years ago this replica railway car has been an important and sometimes prominent artifact of the origins and history of Quincy's granite industry. It is one of the few tangible artifacts remaining from our nation's first commercial railway and its ingenious designer, Gridley Bryant.

In recent years the railcar has been disassembled in storage and unavailable to both the general public and scholars alike. The railway has been disassembled and reassembled multiple



GRANITE RAILWAY REPLICA car is displayed during the 1925 pageant celebrating the 100th anniversary of the Granite Railway.

times in the past. After the 1925 pageant celebrating the 100th anniversary of the Granite Railway, the railcar was disassembled and stored in multiple places. It was partially reassembled and displayed for Quincy's 350th anniversary. It was next reassembled and placed in the Friends of The Blue Hills Museum at the Inclined Plane Railway's compressor building and then disassembled when the museum ceased operations. It was next reassembled and put on display in 1995 at the Commonwealth Museum's Granite Enduring Legacy of Massachusetts display for a six-month period. After the Commonwealth Museum it was again disassembled and stored in the basement of the Houghs Neck fire station, where it resides today. Unfortunately parts of the original replica are missing due to the fact that the car has been assembled and disassembled and stored in multiple locations throughout its history. The missing parts can be fabricated to the original design of Gridley Bryant. The Museum feels this is the perfect opportunity to restore and display permanently the Granite Railway car.

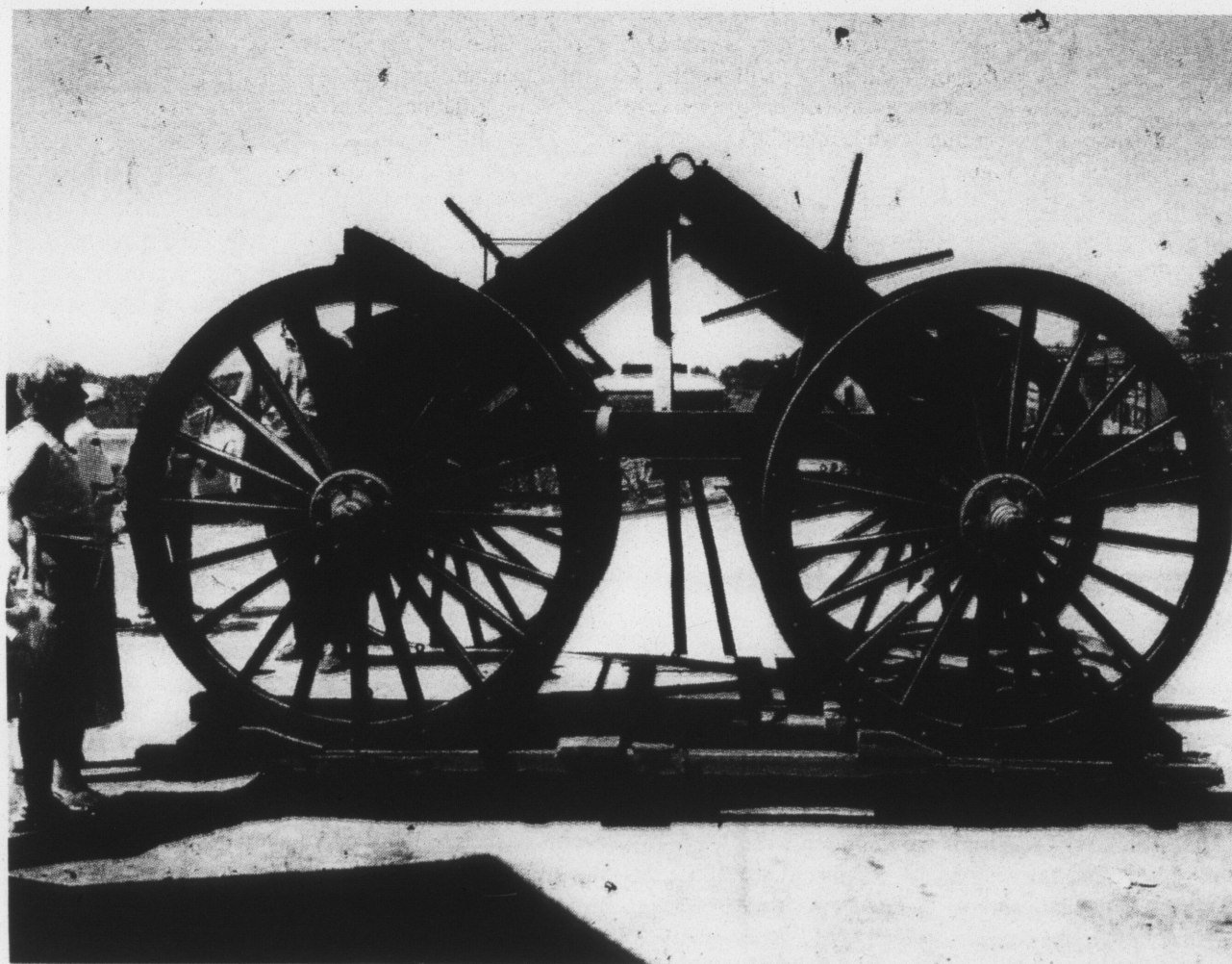
As Quincy prepares to celebrate the 400th anniversary of European settlement, and as active interpretation and corresponding interest in the City's granite

history continue to expand, the reassembled railcar will undoubtedly become one of

the community's signature artifacts. The total project budget for this component is

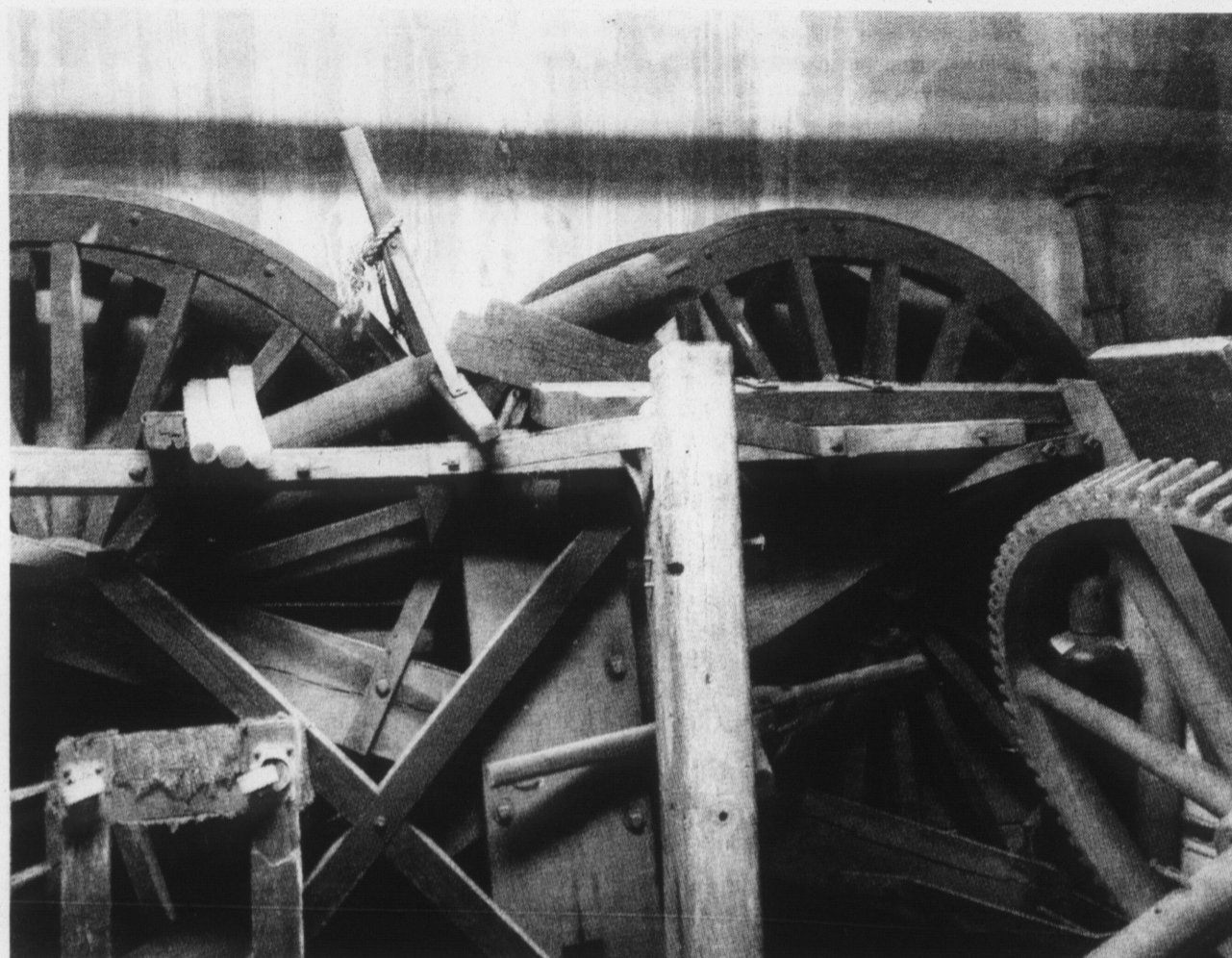
\$5,000 and will be spent on the survey and evaluation of the railcar and the develop-

ment of a report containing the findings. This project is 100 percent CPA funded.



GRANITE RAILWAY RAILCAR was partially reassembled and displayed at the Department of Public Works yard for Quincy's 350th anniversary in 1975.

Photos Courtesy Quincy Quarry Museum



DISASSEMBLED RAILCAR in the basement Houghs Neck fire station.

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### PUBLIC NOTICE

### QUINCY COMMUNITY PRESERVATION COMMITTEE

In accordance with Governor Charles D. Baker's March 10, 2020 order suspending certain provisions of the Open Meeting Law, G.L. c. 30A § 20, a meeting of the Quincy Community Preservation Committee will take place via remote conferencing services on Thursday, Jan. 14th at 5:30 p.m. to conduct a public meeting to explain the upcoming 2021 application process as well as updates to the Community Preservation Committee's five-year plan.

Join Zoom Meeting - <https://us02web.zoom.us/j/81861318119?pwd=bHdtSSStBbWRXeHlZdmY4eTRKOHFNdz09>

Meeting ID: 818 6131 8119

Passcode: 2Asuip

Dial by your location: +1 312 626 6799 (Chicago) / +1 929 205 6099 (New York)

Passcode: 176199 (same Meeting ID as above)

Any questions can be directed to Kristen Powers, Administrator - Community Preservation at 617 376-1990 or

kpowers@quincyma.gov

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# Jack Conway & Co. Sponsors Brunches, Gift Bags For Shelters

*Quincy Churches Donate Trees, Decorations While Individual Donors Help Provide Items For Gift Bags*

Jack Conway & Company, a family-owned and operated real estate company based in Norwell, sponsored a Christmas Day celebration that brought food and gifts to more than 300 individuals experiencing homelessness in Southern Massachusetts.

Jack Conway & Co., a longtime supporter and advocate for individuals and families experiencing homelessness, donated \$10,000 to cover holiday brunches and gift bags for guests of Father Bill's & MainSpring's (FBMS) emergency shelters in Quincy and Brockton. The company's leadership team, including President and CEO Carol Bulman, Director of Strategic Development Katie Clifford, and Chief Operating Officer Al Becker, who currently serves on FBMS' Board of Directors, decided to make the donation after learning that many of FBMS' guests would be spending Christmas at the shelter instead of visiting friends and family, due to the pandemic.

In a typical year, the emergency shelters are relatively quiet on Christmas Day as guests visit their

loved ones for holiday festivities. However, due to COVID-19, many guests stayed at the shelter Dec. 25 to avoid the types of social gatherings that public health experts say could lead to a spread of the virus.

"We are very grateful to Carol, Al, Katie, and the compassionate team at Jack Conway & Co. for bringing Christmas cheer to our neighbors struggling this season," FBMS President and CEO John Yazwinski said. "The holidays are about coming together with loved ones, and obviously many of us, including our shelter guests, aren't able to do that this year. By sponsoring this Christmas celebration, Jack Conway & Co. is letting our guests know that they are not alone and that it's still possible for us to come together, even while apart."

The late Jack Conway and his wife, Patti, helped co-found FBMS back in 1982, and Jack Conway & Co. has since remained one of the non-profit organization's most generous supporters. The company's Christmas sponsorship

comes three months after the company raised \$67,146 for FBMS through its annual Jack Conway Memorial Golf Tournament for the Homeless and a corresponding matching-gift drive.

Several churches from the Quincy Interfaith Network recently mobilized their members to donate new Christmas trees and holiday decorations to adorn the dining halls at Father Bill's Place in Quincy and MainSpring House in Brockton. Donations came from the following churches: Good Shepherd Lutheran Church in Quincy; Faith Lutheran Church in Quincy; Bethel Church of the Nazarene in Quincy; Wollaston Congregational Church; Houghs Neck Congregational Church; First Church of Squantum; and East Milton Congregational Church.

The gift bags handed out to shelter guests Christmas week were also made possible by dozens of individual donors who ordered essential winter gear and other items such as gift cards, shaving sets, puzzle books, and earbuds.



PAUL MAURO, Father Bill's & MainSpring's (FBMS) Housing Coordinator, and Jenna Nutting, FBMS Service Director, assemble holiday gift bags for approximately 300 guests staying at emergency shelters in Brockton and Quincy. The gift bags were made possible by a financial donation from Jack Conway & Co. and by in-kind donations from individual donors.



THE REV. HEIDI JOHNSTON, pastor at Faith Lutheran Church in Quincy, and her son Oliver take a selfie with Eddie from The Home Depot in South Quincy, which donated a Christmas tree for Father Bill's & MainSpring. Pastor Heidi and members of several churches from the Quincy Interfaith Network recently donated trees, ornaments, and decorations to help bring holiday cheer to individuals experiencing homelessness.

*Courtesy Photos*

## Burke Donates \$3,000 To QCAP

Attorney George Burke announces he recently donated \$3,000 to Quincy Community Action Programs (QCAP).

Burke said he donates \$3,000 yearly to QCAP and has done so for many years. He said he admires what

QCAP does and stands for and supports their cause to help individuals and families in need.



APPROXIMATELY 300 HOLIDAY gift bags were handed out to guests staying at emergency shelters in Brockton and Quincy this holiday season. The gift bags were made possible by a financial donation from Jack Conway & Co. and by in-kind donations from individual donors.





THOMAS ARRIGAL of Quincy, a senior at Xavierian Brothers High School in Westwood and a three-year player on the Hawks' varsity basketball team (#32 here), has committed to play college basketball at Western New England University in Springfield. *Courtesy Photo*

## Thomas Arrigal To Play College Basketball At Western New England

Thomas Arrigal of Quincy, a senior at Xavierian Brothers High School in Westwood, has committed to play college basketball at Western New England University in Springfield.

Arrigal has been a starter on the Hawks' varsity basketball team from sophomore through his senior year. He improved his points per game from 8 to 12 and rebounds from 4 to 9 and field goal percentage from 40 percent to 56 percent. He has been constantly improving as he worked his way from a bench player on the freshman basketball team to a starter his sophomore year on the varsity team.

Arrigal won the most improved player in his freshman year, and from there on, he decided to shoot 600 shots every day in the summer to make a huge jump in his performance. He made the commitment and stuck with it and also gained 15 pounds of muscle for the next year. He was a Catholic Conference All-Star his junior year, and he was the team's Defensive MVP. His sophomore year his team made the Division 1 playoffs for the first time in six years. They finished #24 in the state.

Arrigal had options to play college basketball all around the Eastern U.S. region at Division 2 and 3 lev-

els but decided to stay closer to family. He is choosing to study civil engineering at Western New England because of the tight knit community he felt there. He never played AAU basketball in high school, but rather did strength and conditioning programs at school and Compete SC in Norwood. He is looking to finish out his Xavierian career with a Catholic Conference title as another MIAA tournament run is not happening this year due to the pandemic.

Academically, Arrigal is a solid student with a 4.0 GPA and is a member of the National Honor Society at XBHS.

## North Quincy Boys' Hoop Tops Hingham In Opener

By TOM JOYCE

The North Quincy High boys' basketball team needed their offense to step up in the fourth quarter of their opening game of the season Dec. 30.

Colm Geary delivered.

The team trailed in the middle of the fourth quarter but made a comeback. Ultimately, they ended up beating Hingham 58-52 to start their season at 1-0.

Geary netted a team-high and career-high 19 points for the Red Raiders in the win, but 13 of those points came in the last five minutes of the game. That came after Hingham went up 47-41 with 5:20 remaining on a three-pointer, giving the impression that they could end up winning the game.

Geary would score each of the Red Raiders' next nine points. He gave the team the lead twice in that stretch, but they took a permanent lead in the game with 3:48 remaining. That came after Geary hit a two-pointer, got fouled, made his way to the free throw line and made his shot. This gave the Red Raiders a 50-48 edge. Initially, his prior bucket gave the team a 48-47 lead, but a Hingham player made it to the free throw line on their next possession and hit a shot, tying it up at 47 apiece.

With 3:10 remaining, Tyler Le put the game out of reach as he sank a three-pointer, giving his team a 53-48 lead.

"I thought that was the turning point," Red Raiders head coach Kevin Barrett said. "They went zone, gave us a different look, and to the kids' credit, they executed really well. We got the ball in the short corner, and Agu Ugwu made a senior

play where he made a nice pass to the opposite side, and then Le hits a 3-pointer to give us a little room to breathe."

The Red Raiders played strong defense from there holding the opposition to a pair of baskets for the rest of the game. However, Geary wasn't done either. He made another two baskets as the Red Raiders closed out the win and with about 1:20 remaining, he drew a charge, giving his team the ball back.

The performance from Geary impressed Barrett in the win.

"He was kind of our guy off the bench last year, a sixth or seventh man who always provided us energy," he said. "With Colby St. Marie graduating it was time for somebody to step up, and he certainly did tonight in a huge basketball game for us to make a statement in the Patriot League on the first night."

Outside of Geary, Nikko Mortel was second on the scoring sheet for the Red Raiders. He put up a career-high 13 points in the win.

"He's just so aggressive offensively," Barrett said of Mortel. "He forces the defense to react. I thought he gave us that tonight. His ability to get to the basket really kind of opened things up and created some opportunities for other guys when he wasn't scoring. And defensively he was huge, too."

In the early going, the Red Raiders trailed 4-2 halfway through the first quarter, but Steve Dalla sank a three with 3:51 left in the first to put the team up 5-4. After that, the teams traded a pair of baskets, so the Red Raiders led 9-8 after one

quarter of play.

Agu Ugwu started the second quarter off strong, driving up the middle to score on a layup for the first two of the team's 14 points as they went into halftime with a 23-16 lead. Mortel kept the team's momentum going a little more than two minutes into the quarter with a layup giving the team a 15-8 lead. Midway through the quarter, Le put the team up 18-10 after hitting a free throw following a foul.

The Red Raiders started off the third quarter strong with Geary scoring on a steal and fast break layup about 90 seconds in to give the team a 27-20 lead. However, Hingham responded with an 8-0 run to go up 28-27 with 4:50 remaining in the quarter following a pair of three-pointers followed by a layup.

North Quincy retook the lead and started the fourth quarter up 37-36, but Hingham fought back. A guard on Hingham's team hit three three-pointers in 71 seconds to give them a 47-41 lead with 5:23 remaining in the game.

The roster for the Red Raiders this season includes: junior guard Ethan Gao, junior guard Nikko Mortel, sophomore guard Alex Pham, senior guard Tyler Le, senior guard Steve Dalla, senior guard Chuchua Zhang, junior forward/guard Luke Pierron, sophomore guard Nate Caldwell, junior center Colm Geary, senior forward Agu Agwu, freshman guard/forward Daithi Quinn, sophomore center Marcus Moore, sophomore guard Zach Taylor, sophomore center/forward Dylan Clifford, and junior guard Quonuw Scott.

## Quincy Boys' Hockey Blanks Silver Lake, 1-0

By TOM JOYCE

For the Quincy High boys' hockey team, defense and goaltending were the keys to victory in their opening bout.

The Presidents faced off against the Silver Lake Lakers on the road at Hobomock Ice Arena Jan. 2. The difference in the game was that the Presidents scored a goal and their opponent didn't as they came out on top with a 1-0 win to improve to 1-0 on the season.

"We'll take it," Presidents head coach Ted Walsh Jr. said. "It was certainly a sloppy game for obvious reasons. I don't think either team has had the amount of ice time we've wanted. But there's a lot of kinks to be shaken off. It's all relative,

We're all in the same boat here.

"It's an unprecedented year," he added. "We're still getting used to showing up with your equipment on, riding the bus with equipment on, bringing your own water, running out of water. You have some people that are not consistent with the masks and it kind of throws you off a bit but once you get on the ice, it's all good."

The Lakers had their share of scoring opportunities in the first period, but Presidents goaltender Daniel Freeman stopped the handful of shots on net they had in the first. That included a tough stop with 41.7 seconds remaining in the period to keep the game tied at zero apiece.

Walsh said he thought

Freeman's performance put the team over the top in the win.

"Well, you have to start with our goalie Danny Freeman," he said. "He stood on his head and some of those saves were 10-bellers. They were legit. We scrapped. They scrapped. I thought it was a very even game to be quite honest with you. They did a nice job but we came out on top. I think the difference really was our goalie."

With 6.8 seconds left in the first period, the Lakers set the Presidents up for a big opportunity in the second. A Lakers player went to the penalty box for two minutes for elbowing, giving the Presidents a five-four advantage in terms of skaters for two minutes.

The Presidents capital-

ized on that chance. Specifically, Timmy Kelly scored on a two-on-one rush following a quick pass from Will Martin to give him the shot opportunity. That put them up 1-0 with 14:18 remaining in the second period.

Joseph Hennessy put another strong shot on net for the Presidents with 3:12 remaining in the second period on a second chance scoring opportunity, but the Lakers goaltender made a save on it. And about two minutes later, a Silver Lake forward had a breakaway opportunity, but Freeman managed to make the save.

Midway through the third period, the Lakers had another scoring chance with a puck bouncing in a manner that it may have gone in

the back of the Presidents net. However, with 7:36 remaining in the game, a Lakers player batted his stick at it and got called for high-sticking, so the goal did not count.

For most of the third period, the Presidents controlled the puck. In the final few minutes of the game. Players like defensemen Ryen Lawton and Donovan Murray got to the puck and pushed it out of Presidents' territory in the final minutes of the game to mitigate any scoring opportunities for the Lakers as Freeman also made a few saves to preserve the shutout.

Although Walsh said the world is going through some difficult times right now amid the coronavirus pandemic, he noted that his

players have been dedicated to the team and been giving strong efforts this season.

"Well I don't think they need to be motivated," he said. "At this point, this is their sanctuary. This is the fun part of their day. I don't think we have to motivate them. We just have to get on the ice more and work on conditioning. Both teams were a little fatigued at the end of the game."

Walsh said that ice time has been more limited than usual for the team as a result of the pandemic and part of the reason for that is because they had two practices cancelled due to people having close contact with a person who has the virus.

"We're about two weeks behind," he said. "We've

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Join on Zoom (meeting ID: 874 7134 0892). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same



# OBITUARIES

## Elizabeth Mulkern

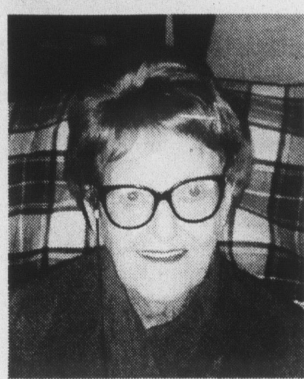
A funeral Mass for Elizabeth "Betty" (Landers) Mulkern of Quincy was celebrated Monday in Sacred Heart Church, Quincy.

Mrs. Mulkern died Dec. 26.

She was born in Dingle, Co. Kerry, Ireland and moved to America when she was 17. Mrs. Mulkern worked as a secretary for Stop and Shop until retirement. After she retired, she spent winters in Florida and summers in Ireland visiting family.

Mrs. Mulkern adored her faith and her family and loved to cook and was always stylish. She was a loyal, caring woman with an outgoing spirit and quick sense of humor. She will be greatly missed by all who knew her.

Daughter of the late Michael and Ellen (Welsh) Landers. Beloved wife of the late Mark Mulkern. Loving mother of Lisa Mulkern of Quincy, Monica Mulkern of Amesbury, and Patrick



ELIZABETH MULKERN

Mulkern of Quincy. Sister of the late Mary Fitzgerald, Patrick Landers, Ellen Commings, Maurice Landers, John Landers, and Michael Landers. Cherished grandmother of Katrina and Mark Hicks. Also a loving aunt, grand aunt, and great grand aunt to many.

Interment at Massachusetts National Cemetery, Bourne.

Memorial donations may be made to the charity of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

## Frances I. Casey, 94

A funeral Mass for Frances I. (Quinlan) Casey, age 94, was celebrated Dec. 29 in St. Joseph's Church, Quincy.

Mrs. Casey died peacefully Dec. 22.

Born in Providence, RI, she lived most of her adult life in Plainville, MA later moving to Quincy, to be cared for in her final years by her granddaughter, Courtney.

She was the wife of the late Edmund D. Casey, mother of Hope Campbell and her husband Paul of Brooksville, FL, loving grandmother of Courtney Perdios and her husband Steve of Quincy, and beloved great-grandmother ("GG") to Casey, Molly, and Hannah Perdios of Quincy. She was also sister of the late Robert Quinlan, aunt of Steven Quinlan and Karen Russell, and great-aunt of Quinn Russell, who all reside in California.

Mrs. Casey loved her work in jewelry manufacturing at Plainville Stock Co. where she worked for many decades. She also enjoyed cooking, baking, painting,



FRANCES I. CASEY

shopping, and spending time with friends and family. She had a generous heart and was full of love, as anyone who met her knew.

The family would like to extend a heartfelt thank you to all the wonderful nurses, aides, and staff at Brookdale Quincy, Atrium at Faxon Woods, and Pope Nursing & Rehabilitation Home that lovingly took such great care of her in her declining years.

Private interment at Massachusetts National Cemetery, Bourne.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

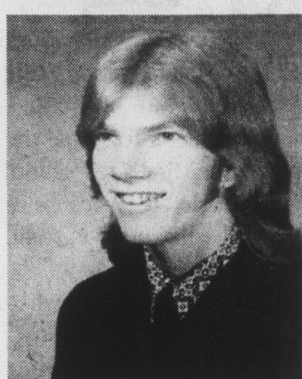
## Herbert J. Starr, Jr.

Herbert J. Starr Jr. of Dunedin, Florida, died Nov. 19 after a long illness.

He is survived by his wife, Diane.

Mr. Starr was born in San Mateo, California on Feb. 26, 1955, and was the son of the late Herbert J. Starr, Sr., and Mildred L. (Rand) Starr. He graduated from Quincy Vocational Technical High School, Class of 1973, and worked for many years in the auto body industry. Mr. Starr grew up in Quincy and moved to Florida in the 1980s.

He is survived by his siblings, Jeffrey H. Starr, QFD Retired Deputy Chief and his wife, Paula, of Abington; Jacquelyn (Starr) Hig-



HERBERT J. STARR, JR.

gins of Abington; and Michael Starr of Braintree. He was the brother-in-law of the late George Higgins. He is also survived by several nieces and nephews and their children.

A memorial service will be held in Florida at a later date.

## Arthur Jaehnig, 96

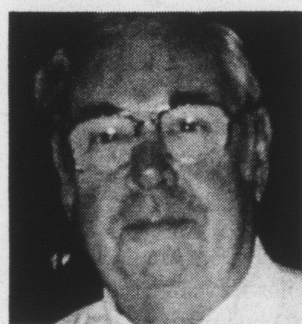
A funeral Mass for Arthur Jaehnig, 96, formerly of North Quincy and Weymouth, was celebrated Tuesday in Sacred Heart Church, Quincy.

Mr. Jaehnig died Dec. 8 in Sebastian, Florida.

Born in Boston, the son of the late Arthur and Frances (Sullivan) Jaehnig, he was the beloved husband of the late Ellen (Gurry) Jaehnig.

Mr. Jaehnig was a proud U.S. Navy WWII veteran whose tour of duty included taking part in the invasion of Normandy. He graduated from Bentley College and was employed for 33 years at the MBTA, retiring as supervisor of the money room.

Beloved father to Arthur Jaehnig Jr. (Pat) of East Greenwich Rhode Island, Gerard Jaehnig (Diana Farrell) of Sebastian and the late Maryellen Jaehnig McGinty. Beloved grandfather of Aaron Jaehnig (Annie) Providence, RI, Sean Jaehnig (Nicole Brown)



ARTHUR JAEHNIG

Cranston, RI, and Megan McGinty Berto (Michael) Warwick, RI. Beloved great grandfather of Olivia and Henry Jaehnig and Aubrey and Penny Berto. He was predeceased by siblings Rita Pistone, Charles Jaehnig, and Paul Jaehnig and leaves many cherished nieces and nephews.

Interment at Benedict Cemetery, Boston.

Memorial donations may be made to Honor Flights New England at [honorflight-newengland.org/donate](http://honorflight-newengland.org/donate).

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

## Vanthulla Butka

Vanthulla (Stavre) Butka of Quincy, originally Albania, died Dec. 23.

Mrs. Butka was born in Korce, Albania and worked as a teacher there for 40 years. She moved to America with her family when she was 65 and loved and embraced the culture. She adored spending time with her family and enjoyed reading, watching the Celtics, and listening to country music.

Mrs. Butka was a loving, caring, and open-minded woman who will be greatly missed by all who knew her.

Daughter of the late Loni and Kleopatra Stavre. Beloved wife of the late Efthim Butka. Loving mother of Kostandin Butka and is wife Nora of Quincy and Argjir



VANTHULLA BUTKA

Butka and his wife Merita of Quincy. Predeceased by seven siblings. Cherished grandmother of Kejsi, Ines, Efthim, and Jennifer. Loving aunt of Ermioni, Vasili, Krisa, and Gjergji.

Interment at Cedar Grove Cemetery, Boston.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

## Patricia A. Norton, 83

A funeral Mass for Sister Patricia A. Norton, 83, of Quincy, was celebrated Dec. 30 at Immaculate Conception Church, Weymouth.

Ms. Norton died Dec. 24.

She was a Sister of Charity of Nazareth for over 60 years. Ms. Norton was born and raised in South Boston to the late Peter and Mary Norton. She had a heart of gold and would do anything for anyone. Her selfless personality led her to religious education and helping others. She held many titles - teacher, principal, hospice chaplain - and she was affectionately known to her family and their friends as "Auntie Pat."

Loving sister of the late Carole M. (Norton) Burke, Paul J. Norton and Peter J. Norton. Cherished Auntie Pat to Patricia Fleming, Maureen McKillop, Kath-



PATRICIA A. NORTON

leen McPhee, Mary Beth Simmons, Paul Norton and Wayne Shepherd. Also survived by 13 great nieces and nephews and 3 great-great nieces and nephews.

Interment at Forest Hills Cemetery, Boston.

Memorial donations may be made to Interfaith Social Services, 105 Adams St., Quincy, MA 02169.

Funeral arrangements were made by McDonald Keohane Funeral Home, East Weymouth.

## Russell F. Dupuis, Sr., 93

Russell F. Dupuis, Sr., age 93, a longtime Quincy resident, died peacefully Dec. 25 at South Shore Hospital in Weymouth.

Mr. Dupuis was born in Central Falls, R.I. He was proud of his Catholic education, having graduated from La Salle Academy in Providence, R.I.

He was proud to have served in the United States Navy during World War II and after leaving the military, he settled in Quincy where he lived for over seventy years.

Mr. Dupuis was employed in the railroad industry for over forty-five years. He began his career with the New York, New Haven & Hartford Railroad, and the Old Colony Railroad as a conductor. Over the years he had also worked for Penn Central, Conrail, Boston & Maine railroads as a trainmaster and eventually retired as a supervisor with the MBTA at South Station; Mr. Dupuis was the last surviving conductor of the original Greenbush railway line.

He was an active life member and chaplain of the Braintree DAV Chapter 29 for many years where he and his late wife, Jody, enjoyed many friendships and good times. He was also a member of the Braintree American Legion Post 86.

Mr. Dupuis was a talented carpenter and loved making clocks for his family and friends. He enjoyed spending summers on Cape Cod and family cookouts. Most of all, he was dedicated to his family, especially to his cherished grandchildren and great-grandchildren, supporting all their many activi-



RUSSELL F. DUPUIS, SR.

ties and accomplishments.

Beloved husband for sixty-two years of the late Jody A (Mirra) Dupuis. Devoted father of Russell F. Dupuis, Jr. and his wife Patrice of East Bridgewater, Lisa C. DeAngelo and her husband Domenic of East Bridgewater, Dawne M. Megnia and her husband James of Marshfield, and Denise L. DuPuis of Quincy. Loving grandfather of eight grandchildren and eleven great-grandchildren.

In light of current events, funeral services are private. A Funeral Mass will be celebrated in Saint John the Baptist Church in Quincy and entombment, with military honors, will take place at Blue Hill Cemetery, Braintree.

Mr. Dupuis touched many people in his lifetime with his charity, love, and enthusiasm ("all aboard!!!"); he will be deeply missed by all.

Memorial donations may be made to the Braintree DAV Chapter 29, 788 Liberty St., Braintree, MA 02184.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

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Loved One's  
Memory  
With Flowers

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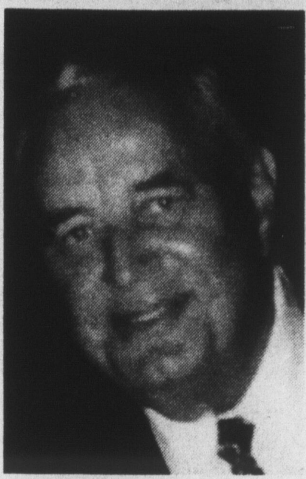
## Robert P. Dolbec, Sr., 83

Robert P. Dolbec, Sr., 93, of Squantum, died suddenly Dec. 30.

Beloved husband for 60 years of Doris K. (Desmond) Dolbec who died in 2014. He was the son of the late Jean Baptiste and Alida Rea Dolbec.

Valedictorian at Cathedral High School, Mr. Dolbec served in the United States Army then graduated from Boston College class of 1950 and Boston College Law School class of 1955. He founded his law firm in Boston several years later. He was recognized as an expert litigator who specialized in insurance defense and fire losses. He moved his practice from Boston to Quincy working from an office he established there in 1987.

Mr. Dolbec spent any leisure time enjoying boating and family gatherings and was famous for his July 4 backyard party which was always a highlight of the summer. In the winters he enjoyed spending time with his friends on beaches and boats in Anguilla, and then Ft. Lauderdale, while summers at home often found him boating Child's River and Pope's Creek. One of his favorite summer projects was founding the Junior Sailing Program at Wollaston Yacht Club in the late 1960s. Over



ROBERT P. DOLBEC, SR.

the years more than 75 local youths enjoyed sailboat racing in Quincy Bay through this much-loved program.

After retirement he enjoyed keeping up with his grandchildren and their adventures all while becoming an expert at technology. He kept track of their birthdays and made sure he carried on the traditions left by their Nana. A devout Catholic he watched Mass every Sunday. Mr. Dolbec relished a good conversation and often played devil's advocate to fully explore the details of any issue he was able to discuss with his friends and his children and their friends. Above all he was grateful for being surrounded by family and friends all these years.

Father of Robert P. Dolbec, Jr. and his wife Mary of Squantum, Kathleen M. Gin-

ley and her husband James of Franklin, John V. Dolbec and his wife Maria of East Bridgewater and George L. Dolbec and his wife Therese of Squantum. Brother of the late Rev. Vincent Dolbec O.S.A. and Norman B. Dolbec. He leaves a sister-in-law, Jeanne Bold.

Mr. Dolbec is also survived by his grandchildren Elyse Dolbec Johnson and her husband Clay, Robert P. Dolbec, III and his wife Tavia, Peter Dolbec, Meredith Ginley, Madeira Ginley, Patrick Ginley and his fiancé Jacki, Ciara Ginley Burkhart and her husband Marshall, John Manuel Dolbec and Matthew Dolbec. He is also survived by two great-grandchildren, Dillon and Cody and several nieces and nephews.

A private graveside service will be held at Mount Benedict Cemetery and a memorial Mass will be planned for a later date when families can safely gather and the choir loft can be filled.

Memorial donations may be made to Sacred Heart Church c/o Divine Mercy Parish, 755 Hancock St., Quincy, MA 02170.

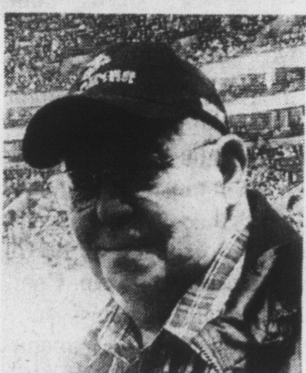
Arrangements are under the care of the Ginley Funeral Homes.

## Robert Farquharson, 67

Visiting hours for Robert "Bob" Farquharson, 67, a lifelong resident of Quincy, will be held Thursday from 4 to 7 p.m. in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Farquharson died peacefully Dec. 31 at Tufts Medical Center in Boston.

He was the son of the late June and John Glynn and Judy Farquharson of Weymouth and the late Robert Farquharson. He was the beloved husband of the late Lorraine (Marre) Farquharson. Mr. Farquharson was the loving brother of John Glynn of Plymouth, Barry Glynn and his wife Paula of Squantum, Garry Glynn and his wife Megan of Norwell, the late Michael Farquhar-



ROBERT FARQUHARSON

son and the late Daniel Farquharson both of Quincy. He is also survived by many nieces, nephews, cousins, and his close friend, Beverly Reynolds of Florida.

Mr. Farquharson graduated from North Quincy High School with the Class of 1971. Following high school, he enlisted in the

United States Marine Corps. He was extremely proud to be a Marine, and was honorably discharged. Mr. Farquharson later became an inspector for the MBTA, where he worked for many years before retirement.

He enjoyed spending time with family and friends, trips to Cape Cod, Vermont, and Florida, and was a member of the Quincy Elks and Robert Nickerson Post in Squantum.

Interment will be private at Massachusetts National Cemetery in Bourne.

Memorial donations may be made to Autism Speaks, 5455 Wilshire Blvd., Suite 2250, Los Angeles, CA 90036.

## Lester J. Libby, Jr., 75

Lester J. "John" Libby, Jr., age 75, of Quincy, died of heart failure, Dec. 30 at South Shore Hospital in Weymouth.

Born in Boston, he was raised in Hyde Park and was a graduate of Hyde Park High School. He earned a Bachelor's degree from Boston College and a Doctorate in history from Brown University.

Mr. Libby has lived in Quincy for the past twelve years, and previously in Virginia for many years.

He began his career teaching in the University of North Carolina System. Mr. Libby went on to work for the Massachusetts Commission for the Blind and the Department of Social Services. He then worked as a research analyst for the federal government in Washington, D.C.

He was a voracious reader and talented at drawing.

He is survived by his wife of forty years, Joyce E. (Burbank) Libby, as well as many cousins and dear

friends.

In light of current events, private graveside services were conducted at Forest Hills Cemetery, Boston. A memorial Mass will be celebrated at a later date.

Memorial donations may be made to The Salvation Army, 6 Baxter St., Quincy, MA 02169.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

## Patricia M. Mullen, 91

Patricia M. (Mooney) Mullen, age 91, of Quincy, died Jan. 2 at Beth Israel Deaconess Hospital - Needham, after battling COVID-19.

Born in Jamaica Plain, she was the daughter of the late Joseph and Marie (O'Rourke) Mooney. She was a graduate of the former Saint Thomas Aquinas High School in Jamaica Plain, Class of 1947, and attended the former Staley College in Brookline. She had lived in Quincy for fifty-eight years.

Mrs. Mullen was a devoted homemaker but had also worked as a secretary at the Metropolitan Transit Authority in Boston for thirteen years and at Quincy Community Action Programs for eleven years.

She was an active and longtime member of Saint John the Baptist Parish in Quincy. Pat served as a lector, extraordinary minister of Holy Communion, and selflessly offered her time and talent in the rectory for almost fifty years, assisting in the administration of the



PATRICIA M. MULLEN

parish. Mrs. Mullen was also a member of the Saint John's Ladies Sodality, Quincy Catholic Club, and the Putnam Street Wicky Wackies.

She enjoyed vacationing in Ireland, having made twenty-six trips.

Beloved wife of the late Thomas P. Mullen who died in 2008. Devoted mother of Tricia M. London and her husband Brian of Westwood, and Thomas E. Mullen and his wife, Jennifer M. Ort of Milton.

Loving grandmother of Dr. Jillian Banks and her husband Matthew, Alex

London and his fiancée Amy Klein, Anna, Patrick, and Jack Mullen. She was predeceased by her siblings, Arlene C. Badessa and Robert C. Mooney. Pat is also survived by many nieces and nephews.

Affectionately referred to as the matriarch, she was the oldest of twenty-three cousins and was also the godmother to seven godchildren.

In light of current events, funeral services will be held privately. A Funeral Mass will be celebrated in Saint John the Baptist Church in Quincy and interment will take place at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Sisters of Charity of Halifax Retirement Fund, 125 Oakland St., Wellesley, MA 02481 or Saint John the Baptist Church, c/o 556 Washington St., Quincy, MA 02169.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

## John J. Gulizia

Visiting hours for John J. Gulizia of Quincy were held Tuesday in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Gulizia died Dec. 28.

He was born and raised in the North End of Boston and lived in New York for a time before settling in Quincy. He was married to his wife for 77 years and adored spending time with family and friends. He loved music, traveling, and watching sports, particularly boxing and horse racing.

He was a proud United States Army Veteran and served during World War



JOHN J. GULIZIA

II and earned a Bronze Star and Silver Metal. He worked as a garment presser for Donnelley Sports Wear.

Mr. Gulizia was a joker who could always make you laugh and will be greatly

missed by all who knew him.

Beloved husband of 77 years to Juanita Gulizia. Loving father of Patricia Swanson of Quincy and Anthony Gulizia of Quincy. Brother of the late Sal Gulizia, Louis Gulizia, Mary Souza, and Josephine Matroni. Also survived by many nieces and nephews.

Private interment.

Memorial donations may be made to the charity of your choice.

Online condolences can also be sent to pattygulizia@hotmail.com.

**More Obituaries on Page 20 and Page 21 and online at [www.TheQuincySun.com](http://www.TheQuincySun.com)**



**HAMEL-LYDON CHAPEL**

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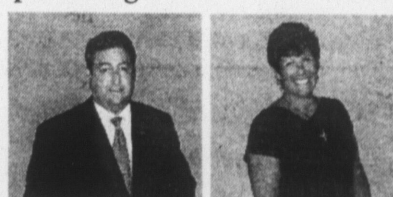
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**DIRECTORS**

**Christopher P. Goulet, Sr. & Michelle A. Lydon**

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# OBITUARIES

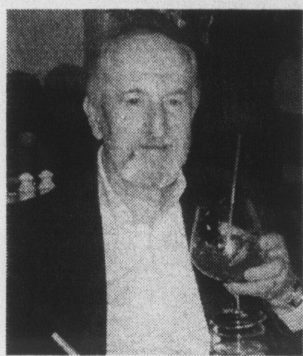
## Sydney W. Skoler, 101

A private graveside service for Sydney William Skoler, age 101, of Milton, formerly of Quincy, was held Monday at Quincy Hebrew Cemetery in West Roxbury.

Mr. Skoler died Jan. 1.

Born in 1919 during the Spanish flu pandemic and raised in Quincy, he was the loving son of the late Gertrude Grossman Skoler and Bennie Skoler who both immigrated to Boston from the Ukraine. Mr. Skoler graduated from Quincy High School, and at 16 he began college at Brown University and graduated from Boston University in both business and law.

After law school, he served in WWII in the Army's Military Intelligence Service. Later, with his brother, he joined the family business, B. Skoler Company, a retail store and later



SYDNEY W. SKOLER

a wholesale supplier of uniforms and equipment to hospitals and other institutions.

He was the loyal and dear brother of the late David Skoler and devoted brother-in-law to Norma Oppenheim Skoler of Milton.

He was more than an uncle; he was an extra father to his nephew, Dr. Peter M. Skoler (Patty) of Milton, and nieces, Liz Skoler (Mark Becker) of Summit, NJ, and Joanna Skoler Gilman (Robert) of Milton. He was

also a beloved grand uncle to Benjamin Skoler (Yona) of Jerusalem, Israel; Dr. Ella Skoler of Austin, TX; David Skoler of Chicago, IL; Stephen Skoler of Hoboken, NJ; Izzy Becker of Summit, NJ; and Charlie and Teddy Gilman of Milton.

Mr. Skoler had a lively wit, which was sprinkled with Yiddishisms and Latin phrases; a distinctive style, which was highlighted by his bow tie collection and string of convertibles; and a warm, generous nature that made him a friend to so many. He played tennis into his 90s, which was a source of tremendous camaraderie and fun for him.

Memorial donations may be made to the charity of your choice.

Funeral arrangements were made by Schlossberg Memorial Chapel, Canton.

## Diane M. Sellon, 75

A funeral Mass for Diane M. (Hutchison) Sellon, age 75, of Braintree was celebrated Jan. 2 in St. Francis Xavier Church, Weymouth.

Mrs. Sellon died Dec. 28.

### LEGAL NOTICE

**INFORMAL PROBATE PUBLICATION NOTICE**  
Docket No. NO19P1663EA  
Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Division  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

**Estate of:**  
John Robert Kearns  
**Date of Death:**  
March 19 2019

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Charles H. Kearns of Storrs, CT.**

**Charles H. Kearns of Storrs, CT** has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

1/7/21

Born in Quincy where she was raised and educated, she had worked for the Commonwealth of Massachusetts for many years before retiring.

The beloved wife of the late Thomas Sellon, Mrs. Sellon was the loving mother of Lisa Marie Martin and her husband Scott of Braintree; devoted grandmother of Lauren Martin and Dylan Martin; dear sister of Jean C. Mosman of FL and Gail Cody of Weymouth; and is also survived by many nieces and nephews.

Interment at Mount Wollaston Cemetery.



DIANE M. SELLON

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

### NOTICE OF PUBLIC HEARING

Case ZBA 20-87

#### NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 26, 2021 @ 5:30 P.M. to consider the application of **BRIAN LAROCHE** for a **VARIANCE/SPECIAL PERMIT/FLOOD PLAIN** to remove the second story and reconstruct it as a full height story in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 8.1.9 (special permit flood plain) on the premises numbered **67 EDGEWATER DRIVE, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jan. 26, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/97798900272?pwd=Z29tR3NYbWJKcnNBTDNmMEc4Tm1WQT09>

Meeting ID: 977 9890 0272

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 977 9890 0272

Passcode: 751183

Find your local number: <https://zoom.us/j/97798900272?pwd=Z29tR3NYbWJKcnNBTDNmMEc4Tm1WQT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

1/7/21, 1/14/21

## Barbara C. Habelt, 77

Barbara C. (Wuerth) Habelt, age 77, of Quincy, formerly of Hingham, died Jan. 1 at the John Adams Health-Care Center.

She was born Sept. 25, 1943, in Quincy, to the late Eva E. (O'Brien) and John E. Wuerth, Captain, Q.P.D., Retired. Raised and educated in Quincy, she was a graduate of North Quincy High School and the Chandler School for Women.

Mrs. Habelt had lived in Quincy for the past five years, previously in New Hampshire for several years. Prior to that, she had lived in Hingham for over forty years.

She was employed as a secretary for the postal union and the Gillette Company.



BARBARA C. HABELT

Diagnosed with multiple sclerosis in her forties, Mrs. Habelt was active in MS support groups throughout the years. She also enjoyed many lifelong friendships with classmates from her Quincy upbringing.

Beloved wife of the late Thomas E. Habelt, Sr. Devoted mother of Thomas E. Habelt, Jr. and his wife

Pauline of Quincy, and Susan J. Rafferty of Newburyport. Loving grandmother of Shane, Cara, and Colin Rafferty.

Dear sister of Marilyn Riley and her husband Greg of Braintree and predeceased by John E. Wuerth, Jr. and Patricia J. Wuerth. Barbara is also survived by many nieces and nephews.

In light of current events, funeral services were private.

Memorial donations may be made to the John Adams Residence Council, 211 Franklin St., Quincy, MA 02169.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

## Mary Jane Mudge, 87

Mary Jane "Jane" (Hebert) Mudge, 87, a lifelong Quincy resident, died peacefully Jan. 1.

She was born April 26, 1933 to Frank and Elsie (Roberts) Hebert of Quincy. She is survived by her brother James and his wife Deanna of Pembroke and was predeceased by her sister Geraldine (Hebert) Candito and her husband Christopher.

She was married to the late Joseph (Dodo) Mudge and loved her three children: Richard Mudge of Quincy; Janine Mudge-Mullen and her husband David Mullen of Boston, and was predeceased by her son Robert (Rob/Bob) Mudge and survived by his wife, Denise, and her husband Bill of Norwell. Rob and Denise had two sons that made Jane a 'Grammie' and she loved those boys with all her heart, Ryan of South Boston and Christian of Norwell. Family was a keen focus for Mrs. Mudge, and she was loved by her nephews and her niece and their spouses and



MARY JANE MUDGE

children and many cousins.

She graduated from the Quincy City Hospital Nurses Training in 1955 and worked as a nurse at the hospital in many departments until her retirement in 1993. She was their first wellness promotions nurse in the 1980s, bringing smoking cessation, weight loss programs and meditation practices to the hospital and Quincy community. Mrs. Mudge earned several degrees including a BS in psychology from Cambridge College; a Master's in education from Emmanuel College and a BS in nursing from UMass Boston.

She was a voracious

reader and seeker of wisdom and truth. Book Notes was her favorite TV program. Mrs. Mudge thrived on discussion and the search for deeper meaning. While rooted in Western medicine, Jane was drawn to eastern philosophy and healing practices. She learned transcendental meditation in the mid-70s and practiced it daily. She was a Reiki master and skilled at therapeutic touch. She was involved for decades with Great Books, an organization that reads and discusses classic and modern works using the Socratic Method. Mrs. Mudge loved poetry and music and consignment store shopping. She loved a bargain.

Mrs. Mudge was an excellent ballroom dancer and wore sparkly dresses and high heels to the Viking Club and Moseley's on the Charles. When the music started, she was usually the first one up to dance and sing along. She was a longtime singer with the Belles and Beaux, a local group that performed, until Covid struck, at nursing homes and senior centers across the South Shore.

Mrs. Mudge lived at 'the Artery' in Quincy for nearly 15 years. She made great friends there who filled her life with beauty and laughter, especially Bea, Helen and Michelle. At the time of her death, she was actively leading and participating in many groups including meditation, poetry (East Wing Poets) and Qi Gong, a movement exercise to music. She also was learning to tap dance. She led an active life to the very end.

A small family service will be held at Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

A larger celebration of Mrs. Mudge's life will take place this summer or when it is safe to gather.

Memorial donations may be made to the United First Parish Church, 1306 Hancock St, Quincy, MA 02169.

### NOTICE OF PUBLIC HEARING

Case ZBA 20-72

#### NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 26, 2021 @ 5:30 P.M. to consider the application of **ERIC BATTITE** for a **VARIANCE** to renovate/reconstruct the home in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 4.1.2 (notes to table) on the premises numbered **125 SEA AVENUE, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jan. 26, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/97798900272?pwd=Z29tR3NYbWJKcnNBTDNmMEc4Tm1WQT09>

Meeting ID: 977 9890 0272

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 977 9890 0272

Passcode: 751183

Find your local number: <https://zoom.us/j/97798900272?pwd=Z29tR3NYbWJKcnNBTDNmMEc4Tm1WQT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

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# OBITUARIES

## Robert M. Pound, 56

Robert M. Pound, 56, of Quincy, died Jan. 2 at South Shore Hospital in Weymouth.

Mr. Pound was a lifelong Quincy resident and a graduate of North Quincy High School. During his days at North Quincy High School, he was both a great athlete and a great singer. Up until recently, Mr. Pound's musical talents won him karaoke contests and the admiration of friends and family. At North Quincy, he excelled at both football and track and field.

In addition to his many talents, Mr. Pound was also known for operating the Dog Pound. His traveling restaurant served countless people at ball games, First Night celebrations, graduations and birthday parties. Mr. Pound was active in the local community between Friends of Butler Pond, Cleaner Greener Quincy, and booster clubs of his son's sports teams.

He enjoyed camping at Ossipee Lake in the summers and watching Patriots and Celtics games with his family.

He was the loving husband of Mary E. (Golden) Pound, the father of Ryan Pound of Somerville, Seamus Pound and Conor Pound both of Quincy. He was the son of Donna (Harrington) of Quincy and the late Donald J. Pound, Sr. and the brother of Donald J. Pound, Jr. and his wife Kate of Quincy and Thomas H. Pound and his wife Dawnmarie of Haverhill. He is also survived by his mother-



ROBERT M. POUND

in-law Dolores and the late Peter Golden of Quincy. He is also survived by his brothers and sisters-in-law Paula Coleman and her husband Peter of Quincy, Linda Tierney of Pembroke, Peter Golden and his wife Carlin of Plymouth, Stephen Golden and his wife Jennifer of Quincy, Richard Golden and his wife Cheryl of Quincy, Kristen Arnstein and her husband Jack of Braintree, and Lori Golden of Quincy. He was also survived by many nieces and nephews.

Relatives and friends are respectfully invited to attend the visiting hours on Sunday from 2 to 6 p.m. in Keohane Funeral Home, 785 Hancock St., Quincy. His funeral service will follow at 6 p.m. The service at the funeral home will be private due to COVID-19 restrictions but you are invited to participate via livestream by clicking on the link in Mr. Pound's obituary on keohane.com

Memorial donations may be made to Divine Mercy Parish, 757 Hancock St., Quincy, MA 02170.

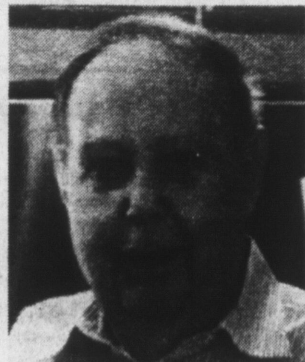
## William J. McCarthy

A Mass of Christian Burial for William J. "Bill" McCarthy of Quincy will be celebrated Thursday at 10:30 a.m. in St. Agatha Church, Milton.

Mr. McCarthy died after a brief illness on Dec. 31.

Beloved husband of 54 years to the late Cecelia (McLaughlin) McCarthy. Devoted father of Kevin McCarthy of Quincy, Sheila McCarthy of Braintree, Maureen McCarthy-Dunn and her husband Geoff of Pembroke, Neil McCarthy and his wife Peggy of Braintree, Mary Gardiner and her husband Paul of Quincy and the late William McCarthy. Loving grandfather of Michael McCarthy, Kaitlin O'Sullivan, James McCarthy, Julia McCarthy, Niall McCarthy, Lauren Gardiner, Ciara McCarthy, Bridget Gardiner, Braden Dunn and Michael Dunn who adored him. William is also survived by his sister Margaret Adduci of Whitman.

Mr. McCarthy proudly



WILLIAM J. MCCARTHY

served in the military for six years. A retired teacher, he taught at Brookline High School for over 40 years. After retirement, he continued his affiliation with BHS in a variety of supportive roles.

Visiting hours were 4 to 8 p.m. Wednesday in Dolan Funeral Home, East Milton Square.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to the Pio Foundation of America, 463 Main St., Cromwell, CT 06416 or to St. Francis House, 39 Boylston St., Boston, MA 02116.

## Nancy J. Ward, 88

A memorial Mass for Nancy J. Ward, 88, a longtime resident of Quincy, will be celebrated at a later date.

Ms. Ward died Dec. 27.

She is survived by her children Daniel G. Lewis of Lynn, Catherine Thomas of Hanson, and Michael C. Lewis of Buffalo, NY. Sister of Daniel Ward of FL. Grandmother of Joseph, Steven, Nicole, Jason, Christopher, Sean and Michelle. Also survived by many great-grandchildren, and several nieces and nephews.

Ms. Ward was retired after 44 years working as a special investigator for the Attorney General's Office of Massachusetts.



NANCY J. WARD

For those who knew her, her favorite hobby was shopping. Ms. Ward was also into fitness and she was once crowned "Miss Fitness."

Funeral arrangements were made by MacKinnon Funeral Home, Whitman.

## Bethany Congregational Church

For all events at Bethany Church, masks and social distancing are required. There is no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to

## Quincy Point Congregational

Online worship continues every Sunday at 10 a.m. on the Quincy Point Congregational Church YouTube channel.

Church School for all airs at 9:15 am on the same venue. This week you will hear the stories that Matthew, Mark and Luke told of when Jesus was baptized. There will also be craft time, making the beloved doves that appeared during the holy baptism.

You can view the Quincy Point Congregational Church channel on your smartphone, notebook, computer or on cable by telling your remote to watch "Quincy Point Congregational Church on YouTube."

The worship service also airs every Wednesday at 6 p.m. on QATV.

QPCC is looking for

items for "Share a Little Love" Auction in February to benefit our neighbors in need who frequent Interfaith Social Services. The first step in the process is gathering donation items. Some donation ideas are: craft items, gift cards, COVID-safe personal services such as grocery shopping service hours, shoveling service, dog walking, etc.; and themed gift baskets (for example movie night, tea break or pet pampering).

Donations must be turned in and descriptions sent to Doug Tatreau at dtatreau@comcast.net before Monday, Jan. 25th at 3 p.m. Include in description a value of the donation to help establish a starting bid amount.

Send/drop off the item at the church office or at the Tatreau's by Jan. 25th.

number is: 617-479-7300.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.

On Sunday, Jan. 10, Bethany Congregational Church will have its regular Sunday service at 9:30 a.m.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer as soloist. There will be no Church School.

## Rotary Club Receives Global Grant Award, Zoom Meeting Jan. 12

Quincy Rotarians Dolly Di Pesa and Margaret Laforest traveled to Thailand and visited the Friends of Thai Daughters (FTD) homes in Chiang Rai and Chiang Khong and the hill tribes where the "daughters" are from.

FTD is a non-profit organization preventing child trafficking through education, shelter and love. They assist ethnic minority girls growing up in hill tribe villages who face significant risks of becoming victims of human trafficking, child marriage, abuse and exploitation. They long to see their communities progress towards equality, sustainability, health and independence. As a woman business owner with a passion for girl empowerment, and seeing the poverty and lack of education for the families and children and seeing the girls confidence, growth, and healthy impact of FTD, Dolly suggested Rotary partner with FTD to help their Sunflower Thrivable Farm project.

Dolly and Margaret co-chaired the required fundraising and have recently been awarded a global grant from the Rotary Foundation. The farm will include an organic permaculture garden, fish pond, a farm to table restaurant, meeting

space, guest rooms and guest bungalows. It will provide jobs for marginalized women, opportunities for the community to learn, and places for guests to relax and experience the hospitality of Northern Thailand. The grant will fund irrigation infrastructure, aquaculture fish pond, chicken coops, organic permaculture food forest with fruit trees, vegetables & medicinal herbs, two greenhouses, solar energy, farm equipment & technology. The Rotary investment will benefit the "Daughters" as well as residents and businesses in the surrounding communities as it will empower our Daughters to lead the way, respecting the earth with permaculture and natural building in bringing these new ideas to life.

On Tuesday, January 12th at 12:15pm, the public is welcome to Zoom with the Rotary Club of Quincy to learn about the project and the organization.

Join Zoom Meeting: <https://us02web.zoom.us/j/8353737276?pwd=dEs0U2E0dWpXaVVMNE9WV3BxKzFXZz09>

Meeting ID: 835 373 7276

Passcode: Quincy

One tap mobile: +13017158592,,8353737276#,,,5479 12# US (Washington D.C)

### REQUEST FOR SERVICES (RFS)

### REQUEST FOR SERVICES (RFS)

#### CITY OF QUINCY, MASSACHUSETTS Public Buildings Department

Thomas P. Koch, Mayor  
Paul J. Hines, Public Buildings Commissioner

#### Request for Services (RFS) Owner's Project Management Services for Quincy's Special Education Center

In accordance with M.G.L. Chapter 7, the City of Quincy, Massachusetts Department of Public Buildings are soliciting the services of a qualified "Owner's Project Manager" as defined in the Massachusetts General Laws Chapter 7 - Designer Services, and as further defined by the provisions of this RFS to provide OPM services for the Quincy Special Education Center to be located in renovated structure at 180 Old Colony Avenue, Quincy, MA. Respondents must have experience with both Design-Bid-Build (MGL Ch 149) and Construction Manager at Risk (MGL Ch 149a) delivery approaches. Fee will be negotiated, work to commence immediately.

Proposals will be received at the office of the Purchasing Department, City Hall, 1305 Hancock Street, Quincy, MA 02169 until **January 21, 2021 at 11:00am.**

Copies of the Request for Services will be available in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169 between the hours of 8:30AM and 4:30 PM or on-line at the City of Quincy's Website, [www.quincyma.gov](http://www.quincyma.gov)

The evaluation, selection, and award of potential Contract shall be in full compliance with Massachusetts General Laws, Chapter 7, as last revised, all Federal, State and City of Quincy regulations in relation to Equal Employment Opportunity. The City reserves the right to waive any informality in or to reject any or all respondent packages when such an action is deemed in the best interests of the City. The City of Quincy reserves the sole right to amend this RFS by formal Addendum.

All questions regarding this Request for Services should be directed to Kathryn R. Logan, Purchasing Agent through fax: 617-376-1074 and email: [purchasing@quincyma.gov](mailto:purchasing@quincyma.gov) Questions will be accepted until January 14, 2021 at 4:00 PM.

**Non-responsive qualification packages may be rejected.**

Thomas P. Koch  
Mayor

Paul J. Hines  
Commissioner, Public Buildings Dept.

Kathryn R. Logan  
Chief Procurement Officer

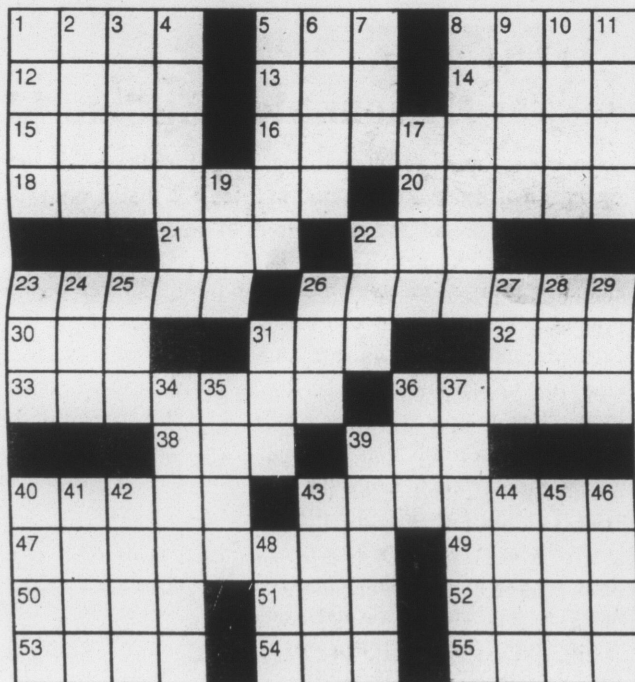
1/7/21



# SUN FUN PAGES

## King Crossword

- ACROSS**
- 1 Nile vipers
  - 5 Cistern
  - 8 Sprint
  - 12 Guitarist Atkins
  - 13 -de-France
  - 14 Formerly
  - 15 Antelope's playmate
  - 16 Its days are numbered
  - 18 Degree of excellence
  - 20 Endures
  - 21 "Nova" airer
  - 22 Lass
  - 23 Regions
  - 26 Volcanic crater
  - 30 "Entourage" agent
  - 31 Branch
  - 32 Felon's flight
  - 33 Trinidad music
  - 36 Fountain drinks
  - 38 Fine, at NASA
  - 39 Marry
  - 40 Dishonor
  - 43 Actor Rory
- DOWN**
- 1 Outlet letters
  - 2 The Mets' old home
  - 3 Rind
  - 4 American flag feature
  - 5 Bad habits
  - 6 Winged
  - 7 Aviv preceder
  - 8 Disney duck
  - 9 &&&&
  - 10 Ella's style
  - 11 Towel word
  - 17 Israeli airline
  - 19 Small ammo
  - 22 Leg, in slang
  - 23 Efron of "Parkland"
  - 24 Man-mouse link
  - 25 Zero
  - 26 -Magnon
  - 27 Right angle
  - 28 Squealer
  - 29 Early hrs.
  - 31 Request
  - 34 Motorcycle maker
  - 35 "The Raven," for one
  - 36 Actor Gibson
  - 37 Stick
  - 39 Is patient
  - 40 Gulf War missile
  - 41 "Funny!"
  - 42 Oodles
  - 43 Manitoba tribe
  - 44 They can take a yoke
  - 45 - the crack of dawn
  - 46 Agrees silently
  - 48 Piercing tool



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## MAGIC MAZE • CONTAINERS

H E B Y W E T R O L J G E B Y  
I W U R P N S K I G Q X D B Z  
N X V T S Q O A H C U O P M K  
K I G E E E C A C Y I B N W U  
W C S Q P K L T N F V L A L J  
E S A V H E C U F E E L C C A  
L Y K S S A X O S V R I Y U S  
L Q P S P N T M L P K P R J H  
F E E M A I X O B D A E R B C  
B V O Z K C R E T N A C E D Y  
X C V U T R Q G P O M L J K I

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: SUSPENDED FROM A NECKLACE

- |           |          |           |        |
|-----------|----------|-----------|--------|
| Breadbox  | Compact  | Jerry can | Quiver |
| Briefcase | Decanter | Kit       | Vase   |
| Capsule   | Gripsack | Pillbox   | Vessel |
| Cask      | Inkwell  | Pouch     |        |

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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Panels are missing. 2. Cap is reversed. 3. Arm is moved. 4. Handle is shorter. 5. Neckline is different. 6. Paper is moved.

## Trivia test

by Fifi Rodriguez

1. U.S. PRESIDENTS: The poem "O Captain! My Captain!" was written after the death of which president?
2. GENERAL KNOWLEDGE: What is the weight of a U.S. quarter?
3. MOVIES: What was the name of the skyscraper in the drama "Die Hard"?
4. TELEVISION: What city was the setting for the sitcom "Mork and Mindy"?
5. SCIENCE: What is the study of knowledge, reality and existence called?
6. ANIMAL KINGDOM: What are male blue crabs called?
7. GEOGRAPHY: What is the highest point in Japan?
8. FOOD & DRINK: The acai berry is native to which continent?
9. LITERATURE: Who wrote the "Winnie-the-Pooh" book series for children?
10. MEASUREMENTS: What is an angstrom?

- Answers
1. Abraham Lincoln
  2. 0.2 ounces
  3. Nakatomi Plaza
  4. Boulder, Colorado
  5. Philosophy
  6. Jimmies
  7. Mount Fuji
  8. South America
  9. A.A. Milne
  10. One ten-billionth of a meter, used to measure very small distances

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## Wishing Well®

8 2 6 8 2 4 8 5 7 6 3 2 8  
F H U U O J N O L P B P A  
3 4 8 7 2 4 2 6 8 2 7 2 5  
U O F O E Y S H T A V R B  
8 6 3 7 8 4 7 6 3 5 6 4 8  
E O S E R F D L I E D R H  
4 8 3 7 2 6 2 3 7 6 2 5 2  
O O N O E T R E M H E Y A  
8 6 3 7 5 4 5 7 8 7 8 4 6  
U E S I R M U N R A S P T  
7 4 3 4 6 5 4 2 3 5 7 3 5  
T E S T R L S L T E E H S  
2 3 2 3 6 3 7 6 3 6 2 3 2  
I R Z I U V S T E H E S D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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## Salome's Stars

**ARIES** (March 21 to April 19) Aspects call for care in preparing material for submission. Although you might find it bothersome to go over what you've done, the fact is, rechecking could be worth your time and effort.

**TAURUS** (April 20 to May 20) The week is favorable for Bovines who welcome change. New career opportunities wait to be checked out. You also might want to get started on that home makeover you've been considering.

**GEMINI** (May 21 to June 20) You might have to be extra careful to protect that surprise you have planned, thanks to a certain snoopy someone who wants to know more about your plans than you're willing to share.

**CANCER** (June 21 to July 22) Family ties are strong this week, although an old and still-unresolved problem might create some unpleasant moments. If so, look to straighten the situation out once and for all.

**LEO** (July 23 to August 22) Although the Lion might see it as an act of loyalty and courage to hold on to an increasingly shaky position, it might be wiser to make changes now to prevent a possible meltdown later.

**VIRGO** (August 23 to September 22) Your gift for adding new people to your circle of friends works overtime this week, thanks largely to contacts you made during the holidays. A surprise awaits you at the week's end.

**LIBRA** (September 23 to October 22) Don't hide your talents. It's a good time to show what you can do to impress

people who can do a lot for you. A dispute with a family member might still need some smoothing over.

**SCORPIO** (October 23 to November 21) Be open with your colleagues about your plan to bring a workplace matter out into the open. You'll want their support, and they'll want to know how you'll pull it off.

**SAGITTARIUS** (November 22 to December 21) Trying to patch up an unraveling relationship is often easier said than done. But it helps to discuss and work out any problems that arise along the way.

**CAPRICORN** (December 22 to January 19) While your creative aspect remains high this week, you might want to call on your practical side to help work out the why and wherefore of an upcoming decision.

**AQUARIUS** (January 20 to February 18) Dealing with someone's disappointment can be difficult for Aquarians, who always try to avoid giving pain. But a full explanation and a show of sympathy can work wonders.

**PISCES** (February 19 to March 20) Getting a job-related matter past some major obstacles should be easier this week. A personal situation might take a surprising but not necessarily unwelcome turn by the week's end.

**BORN THIS WEEK:** You can be both a dreamer and a doer. You consider helping others to be an important part of your life.

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## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals O

YIAE G PGBSKKEVWS CVLAW G  
PIGBGPSAB YGF SKK ZGEF  
JASGVNW, KEA ZVCIS PGNN VS  
KLABJBGYE.

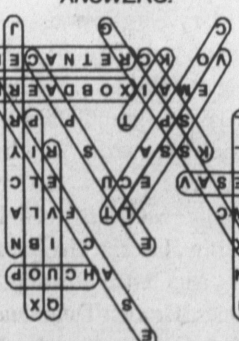
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Magic Maze  
ANSWERS:

## King Crossword

Answers

Solution time: 23 mins.



## CryptoQuip

answer  
overdraw  
When a cartoonist gives a character way too many details, one might call it



# HOLLYWOOD

by Tony Rizzo

**HOLLYWOOD** -- Through the years, child stars have scored big in movies and television. Among the most famous were Shirley Temple, Natalie Wood, Leonardo DiCaprio, Neil Patrick Harris, Kurt Russell, Ryan Gosling and Drew Barrymore. The challenge for a child star is to make a graceful transition to an adult star. Shirley Temple, for example, literally saved 20th Century Fox from ruin but was never able to click as an adult star in a big way. Hayley Mills became an overnight sensation because of "The Parent Trap," "Pollyanna" and "That Darn Cat." As an adult she starred in the TV series "Good Morning Miss Bliss," which eventually morphed into "Saved by the Bell." Her sister, Juliet Mills didn't score until she starred in the TV series "Nanny and the Professor." Hayley, now 74, is married to actor Firdous Bamji (20 years her junior) and Juliet, now 79, is wed to actor Maxwell Caulfield (18 years her junior). Macaulay Culkin, now 40, became a child superstar because of "Home Alone" and "Home Alone 2: Lost In New York." He had his share of growing pains but got it together enough to play Kevin McCallister in the upcoming "Home Alone 6," with Ellie Kemper. His current girlfriend, Brenda Song, was a child actress in the series "The Suite Life of Zack & Cody." His success inspired his siblings Kieran (38), Rory (31) and sister Kit (36) to become actors.

seen during the holidays in "Christmas Story," now 49, was in last year's "Spider-Man: Far From Home." And let's not forget "The Mickey Mouse Club" reboot, which gave us Christina Aguilera, Justin Timberlake, Britney Spears and the Oscar-nominated Ryan Gosling.

Abigail Breslin, now 24, was nominated for an Oscar when she was 12 for "Little Miss Sunshine." This year she co-starred in the comedy "Zombieland: Double Tap," with Woody Harrelson, Jesse Eisenberg and Emma Stone, and will soon be seen opposite Matt Damon in the crime drama "Stillwater," and with Thomas Jane and Jack Donnelly in the horror film "Slayers."

Probably the best transition from child actor to adult star was made by Freddie Highmore, who first impressed us in "Finding Netherland" (2004) and then in the title role of "Charlie and the Chocolate Factory" (2005). Highmore took time off for his schooling, but still did voiceover work until 2013, when he played that "Psycho" Norman Bates in the TV series "Bates Motel" (2013-2017). Then he jumped right into the popular ABC series "The Good Doctor," which is currently enjoying season 3.

Whoever said, "Children should be seen and not heard" never saw any of the kids above!

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## GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: \*\*

\* Moderate \*\* Difficult \*\*\* GO FIGURE!

	+		÷		2
-		-		÷	
	-		x		2
÷		x		+	
	x		-		8
1		6		5	

1 2 3 3 5 6 7 8 9

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## KOVELS' Antiques & Collecting

By Terry and Kim Kovel

### Label-Under-Glass Bottle

Most glass bottles identified the contents inside with embossed letters on the container or a paper label. But a special group, usually apothecary bottles or special gifts, were made with "labels under glass." The medical bottles usually had a label with a black name written in a fancy type style, gold leaf trim, plus a solid glass cover for the label. It was made to fit into a shaped indent on the side of the bottle, making a smooth bottle with a protected label. There also were bottles with labels under glass made with color pictures of attractive women, season's greetings or other messages used for gifts, or barber product containers displayed in barber shops. They were made from the mid-1800s to the early 1900s. Decorative "back bar" bottles were often whiskey bottles refilled with colored water when the whiskey was sold. They were probably made before Prohibition. Condition of these bottles is important. The glass label may crack, and the glue used for the paper label discolors. A small, round flask with a label under glass picturing a girl was in the recent sale by Glass Works Auctions in East Greenville, Pennsylvania; it was made at the end of the 19th century and sold for \$468.

**Q: I have many Beanie Babies bought back in the '90s, when they were the craze. I have many originals, including the purple Princess Diana bear. A couple of websites listed it for several thousand dollars, which I hardly think is possible. Where can I find out a true going value?**

**A: The first Beanie Babies**

were issued in 1993 and sold for \$5 each. Ty Warner, the creator of Beanie Babies, began retiring a few of the plush toys in 1995, and prices rose as collectors tried to find them. Some people collected them as an investment and paid several times the retail price for certain ones. The first Princess Diana Beanie Babies were made in August 1997, two months after Princess Diana's death. They were made until April 1999. Proceeds were given to the Diana, Princess of Wales Memorial Fund. Although there are online sites asking as much as \$135,000 for the "first edition," a First Edition Princess Diana bear stuffed with polyvinylchloride (PVC) is listed on Amazon for \$39; a bear with polyethylene pellets (PE) for \$22.

### CURRENT PRICES

Decoy, goose, wooden, black, white, tacks for eyes, 11 1/2 x 9 inches, \$125. Pie crimper, whalebone, fluted wheel, turned handle, 1800s, 6 1/2 inches, \$220. Dr. Pepper cooler, "Good for Life," white print, green, metal handle, 14 x 12 3/4 inches, \$450. Sewing box, mahogany, inlay, checked banding, open winged eagle, banner, 1800s, 8 x 12 3/4 inches, \$625.

**TIP:** In snowy weather, make tracks both in and out of your door. One set of tracks leaving the house is an invitation to an intruder. Or perhaps you could walk out of the house backward.

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## STICKELERS

by Terry Stickels

Match the "drome" word on the left with its definition on the right.

- 1) catadrome a. A warning symptom that appears before an infection or disease.
- 2) hippodrome b. A line crossing all meridians of longitude at the same angle.
- 3) loxodrome c. An indoor banked track for cycling races.
- 4) prodrome d. A machine used to lift heavy weights.
- 5) velodrome e. An oval stadium for equestrian races and events.

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## Strange BUT TRUE

\* Many people in South Korea opt to compress the remains of the dead person into gem-like beads in different colors, which are then displayed at home.

\* Greenland sharks don't reach puberty until they are 150 years old.

\* The first hoop skirt was worn by Queen Juana of Portugal, in a bid to hide the fact she was pregnant.

\* In 2015, Canadian astronaut Chris Hadfield released the first ever album recorded entirely in space, titled "Space Sessions: Songs from a Tin Can."

\* The oldest known customer service complaint was written on a clay cuneiform tablet in Mesopotamia 4,000 years ago. In it, a customer named Nanni complains that he was sold inferior copper ingots.

\* Russia only classified beer as an alcoholic drink in 2011.

\* Japanese trains, reputedly the most punctual in the world, issue passengers with a "delay certificate" if a train is running more than five minutes behind schedule. The documents

can be shown to bosses or teachers to explain a passenger's lateness.

\* In 1984, New Zealand Prime Minister Robert Muldoon got drunk and decided to spontaneously call a general election, which he lost.

\* Before battles, some Roman gladiators read product endorsements. The makers of the film "Gladiator" planned to show this but nixed the idea for fear that audiences wouldn't believe it.

\* A person with geomelophobia has the urge to eat raw potatoes.

\* In the late 1800s in Corinne, Utah, you could buy legal divorce papers from a vending machine for \$2.50.

\* Late in his life, Guglielmo Marconi believed no sound ever dies completely. He dreamed of building a device strong enough to pick up the actual words of Jesus at the "Sermon on the Mount."

**Thought for the Day:** "There are years that ask questions, and years that answer." -- Zora Neale Hurston

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## Now here's a tip!

by Jo Ann Derson

\* Purchase New Year's celebration items that are on sale in January if you have a graduating senior in 2021. You can get all kinds of items for a fraction of the price, and you will be ready with all the 2021 things you need!

\* Got a neckache? Grab a pair of long socks, fill each with 2 cups of uncooked white rice and a couple of drops of your favorite essential oil. Knot the sock tightly to seal. Microwave for up to 2 minutes, and test temperature before draping it over your shoulders to apply heat to sore muscles. It's so nice, especially when you're laying down.

\* J.P. in New Jersey advises that instead of using candles during a power outage -- it can be dangerous! -- try a battery-operated lantern instead. You can even use solar garden

lights in a vase. You'd be surprised how much they can light a room.

\* "To trick yourself into saving money, round up purchases when you enter them into your checkbook register." -- S.W. in Arkansas

\* "If you're storing clothes in a storage tote, put a sheet of fabric softener in as well. It can help repel bugs and keep the fabrics smelling fresh." -- M.W. in Iowa

\* "Spray nonwashable plush toys with dry shampoo to clean and freshen them. Rub vigorously with a terry cloth to remove any extra residue and fluff up!" -- P.H. in Pennsylvania

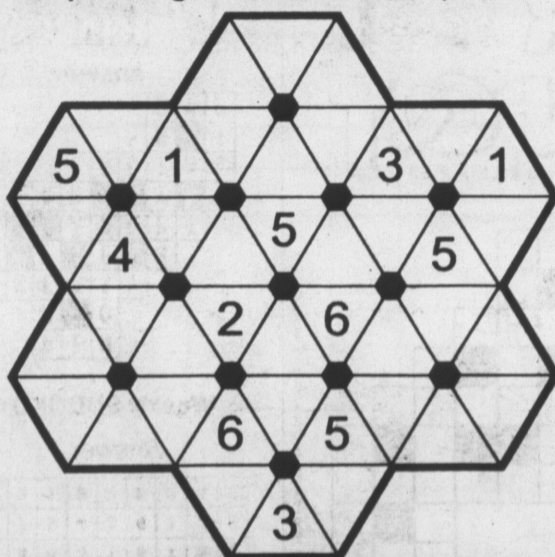
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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## SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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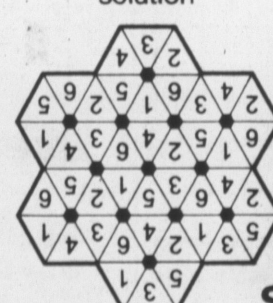
## Go Figure!

answers

9	9	1
8	1	3
1	3	3
+	+	+
2	2	9
2	2	9
+	+	+
2	8	6

## SNOWFLAKES

solution



## Stickelers Answer

1-d, 2-e, 3-b, 4-a, 5-c



# Super Crossword

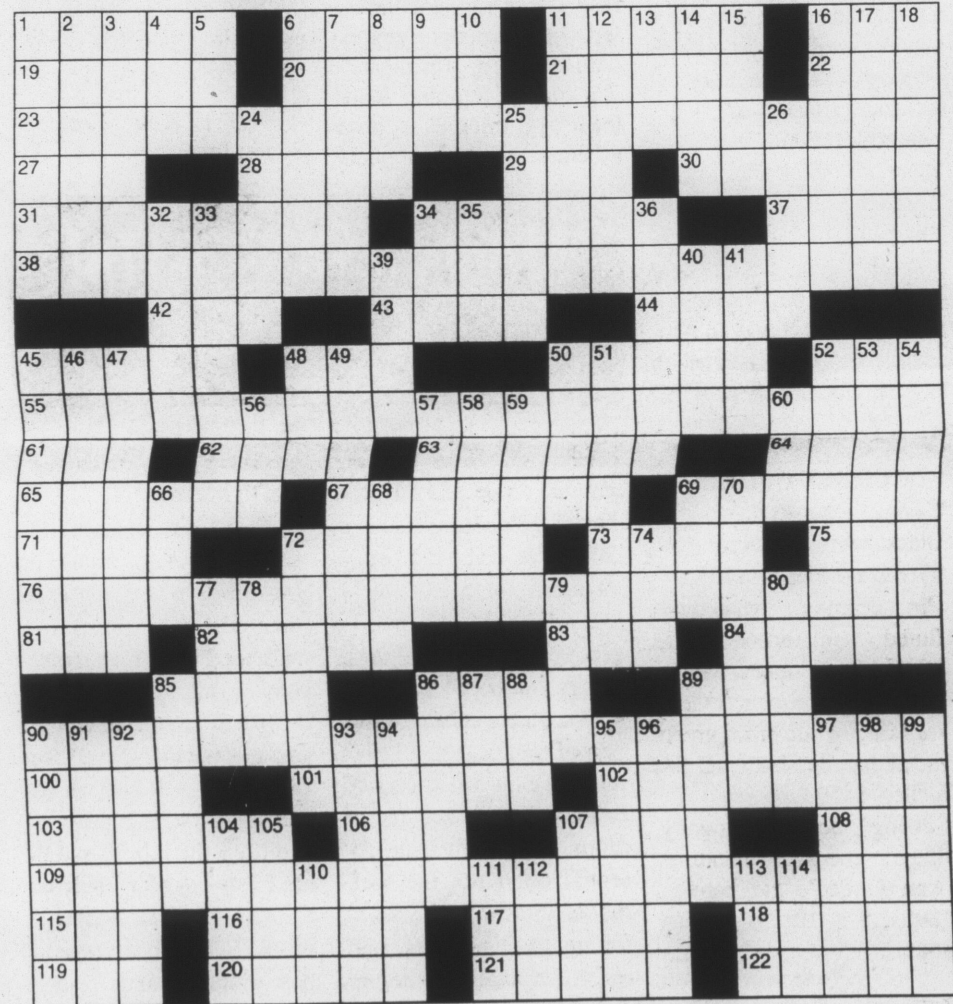
21 AND SINGLE

## ACROSS

- 1 Alcatraz Island locale, for short
- 6 Info-filled
- 11 Subjective paper pieces
- 16 Yeshiva student, e.g.
- 19 Land, in Italy
- 20 Fast Amtrak service
- 21 Salsa singer Cruz
- 22 Pal, in Nice
- 23 Concerning the effects of drugs on the mind
- 27 Maestro — Pekka Salonen
- 28 12:00, half of the time
- 29 South, in Spanish
- 30 Finch in fear
- 31 Squid feature
- 34 "Chill out!"
- 37 Ample skilled
- 38 Belief in a national power structure
- 42 Acting signal
- 43 Blamey
- 44 "Sometimes you feel like —"
- 45 Get moving
- 48 Org. for tooth drillers
- 50 Lid
- 52 Bullfight yell
- 55 Official endorsement via an amendment, say
- 61 Savings acct. addition
- 62 Days before holidays
- 63 Rises
- 64 Heaps
- 65 Ornamental hairnets
- 67 Jogged
- 69 — Pointe, Michigan
- 71 Gazpacho, e.g., in Spanish
- 72 Talisman
- 73 Cookie for 100+ years
- 75 He's a doll
- 76 Ear, nose and throat doctor
- 81 B-ball official
- 82 Sneak off to say "I do"
- 83 The same: Prefix
- 84 — Carlo
- 85 Street — (popular acceptance)

## DOWN

- 26 Port southeast of Roma
- 39 Fire output
- 40 Mother of Don Juan
- 41 Magical glow
- 45 Clip out, as a coupon
- 46 Imply in its definition
- 47 In addition to
- 48 Gorged on
- 49 Fluffy floor-cleaning tool
- 50 Walking aid
- 51 They can't be taught new tricks, in a saying
- 52 Raincoat material
- 53 Most baggy
- 54 Pact among nations
- 56 ER hookups
- 57 Bit of land in the ocean
- 58 Mink relative
- 59 In smart garb
- 60 Eastern spiritual path
- 66 Crew tool
- 68 Precept
- 69 Salon goop
- 70 Suitmates, say
- 72 Like one of a battery's terminals
- 74 Pal of Piglet
- 77 That girl's
- 78 "How did — this happen?"
- 86 Video file format, in brief
- 89 Wrestling win
- 90 Quality among identical things
- 100 TV's Griffin
- 101 Oaths
- 102 Swiss city on Lake Geneva
- 103 Shelling out
- 106 Moo goo — pan
- 107 Short comic sketch
- 108 Fist bump, colloquially
- 109 Machine for a brain test
- 115 Palme — (film award)
- 116 Coiled
- 117 Sprightly
- 118 China's Zhou
- 119 Mil. officer
- 120 Taunts in fun
- 121 Swift
- 122 Nation south of Sicily
- 1 Fla. Gulf city
- 2 Admits guilt, with "up"
- 3 Kobe of hoops
- 4 Curved path
- 5 "Boo —!" ("All right!")



## celebrity extra

by Dana Jackson

**Q: What happened to the "Chicago" shows on Wednesday nights? We finally got new episodes after all these months, and now they're gone again. -- C.K.**

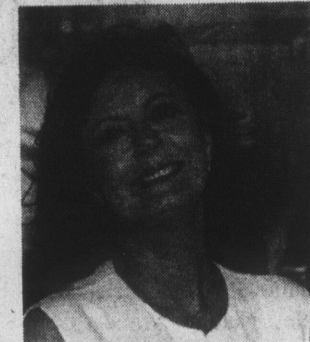
**A:** Many prime time series, including the "Chicago" ones, go on hiatus for the winter and return in early to mid-January. Since the start of the fall season was delayed this year, fans were hopeful that they would continue to get new content without a hiatus, but that doesn't seem to be the case. It probably doesn't help that one of the shows, "Chicago Fire," had to suspend production in early November due to a number of positive COVID tests on the set, but NBC likely would have put them on hiatus anyway because, according to OneChicagoCenter.com, "This period is a bad time to run new episodes; viewership and ad revenue plummet as people are busy with things other than watching TV." The website further stated that "Chicago PD," "Chicago Med" and "Chicago Fire" all will return on Wednesday, Jan. 6, in their usual time slots.

\*\*\*

**Q: What is Susan Saran-**

**don doing these days -- or at least before the pandemic? She used to have one movie after another, but now I never hear about her. Is she still acting? -- P.E.**

**A:** Opportunities have grown in the past decade for mature actresses, especially with so many streaming platforms and cable channels developing new content at a rapid pace. Fortunately, the Oscar-winning actress has another project on the horizon, the psychological horror series "Red Bird Lane" on HBO Max. According to TVLine.com, the show "follows eight strangers who arrive at an isolated house ... and quickly realize that something sinister and terrifying awaits them." Sarandon plays the hostess, Catherine, who may or may not have murderous tendencies. Sarandon has actually been working very consistently all these years, but just not in as many high-profile motion pictures. She was a regular on the HBO series "Ray Donovan" for two years and can be seen in the upcoming comedy film "Bad Moms' Moms," with Christine Baranski and Cheryl Hines.



Susan Sarandon

Photo credit: Depositphotos

thor Anne Rice's novels. Rice said in a statement: "It's always been my dream to see the worlds of my two biggest series united under a single roof so that filmmakers could explore the expansive and interconnected universe of my vampires and witches."

There are 18 titles in Rice's library, any of which can now be turned into movies and/or television shows by AMC. The original "Interview with the Vampire" in 1994 starred Tom Cruise and Brad Pitt. Vampire-story enthusiasts also will be pleased to learn that HBO is redeveloping "True Blood" into another series with a new cast. This show was based on a series of books by Charlaine Harris.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFW5, 628 Virginia Drive, Orlando, FL 32803.

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## Even Exchange by Donna Pettman

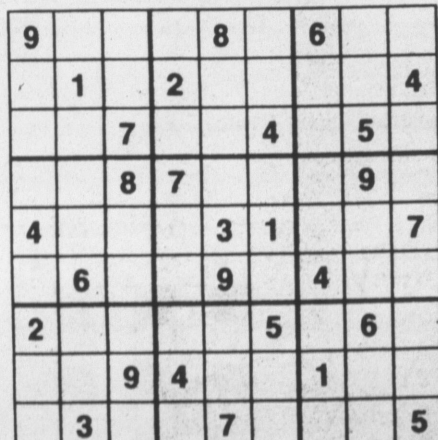
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                          |             |                        |             |
|--------------------------|-------------|------------------------|-------------|
| 1. Kindling material     | I _ _ _ _ _ | Easily out, as a steak | E _ _ _ _ _ |
| 2. Put your feet up      | _ _ _ _ _ X | Running race           | _ _ _ _ _ Y |
| 3. Keep balls in the air | _ _ _ _ _ G | Rainforest             | _ _ _ _ _ N |
| 4. Dummy bullet          | _ _ _ _ _ K | Tasteless              | _ _ _ _ _ D |
| 5. Moisten the lawn      | _ _ _ _ _ T | Place a bet            | _ _ _ _ _ G |
| 6. Use a broom           | _ _ _ _ _ W | Slumbered              | _ _ _ _ _ L |
| 7. Give one's word       | _ _ _ _ _ R | Take for granted       | _ _ _ _ _ M |
| 8. Investigate           | _ _ _ _ _ B | Writing style          | _ _ _ _ _ S |
| 9. Root for              | _ _ _ _ _ R | Blush location         | _ _ _ _ _ K |
| 10. Baby feline          | K _ _ _ _ _ | Fingerless glove       | M _ _ _ _ _ |

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## Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

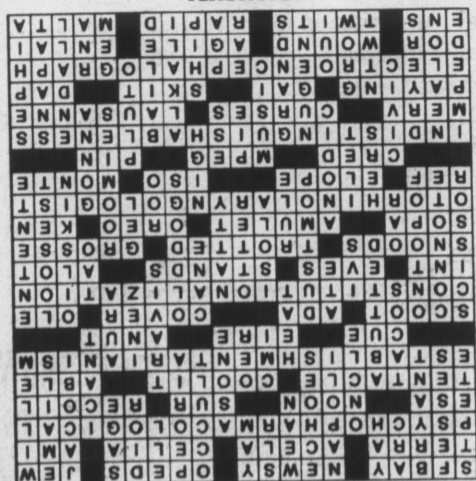
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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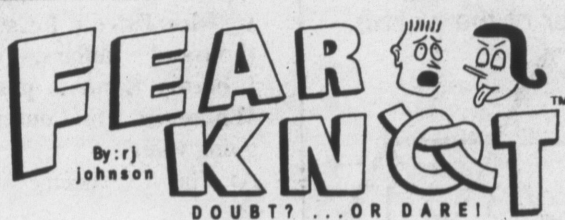
## Super Crossword

### Answers

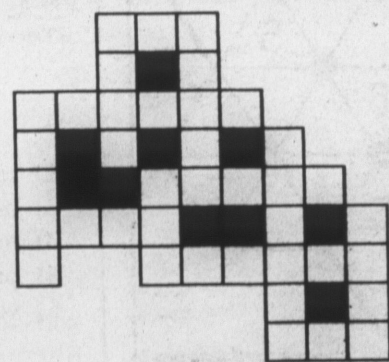


## Even Exchange answers

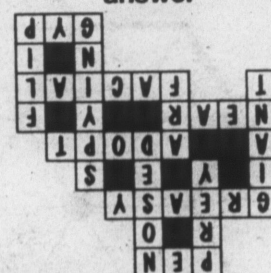
- |                   |                    |
|-------------------|--------------------|
| 1. Tinder, Tender | 5. Water, Wager    |
| 2. Relax, Relay   | 6. Sweep, Slept    |
| 3. Juggle, Jungle | 7. Assure, Assume  |
| 4. Blank, Bland   | 8. Probe, Prose    |
|                   | 9. Cheer, Cheek    |
|                   | 10. Kitten, Mitten |



- PGY  
SAGYR  
PATOD  
LFPI  
ACLIFA  
ENP  
VRANE  
DOSEN  
RFA  
PIGSYN  
TIGNA  
YEPR

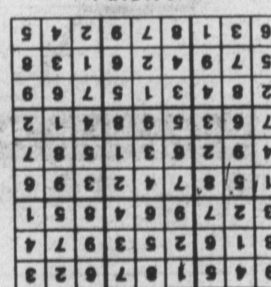


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



## Weekly SUDOKU

### Answer



7

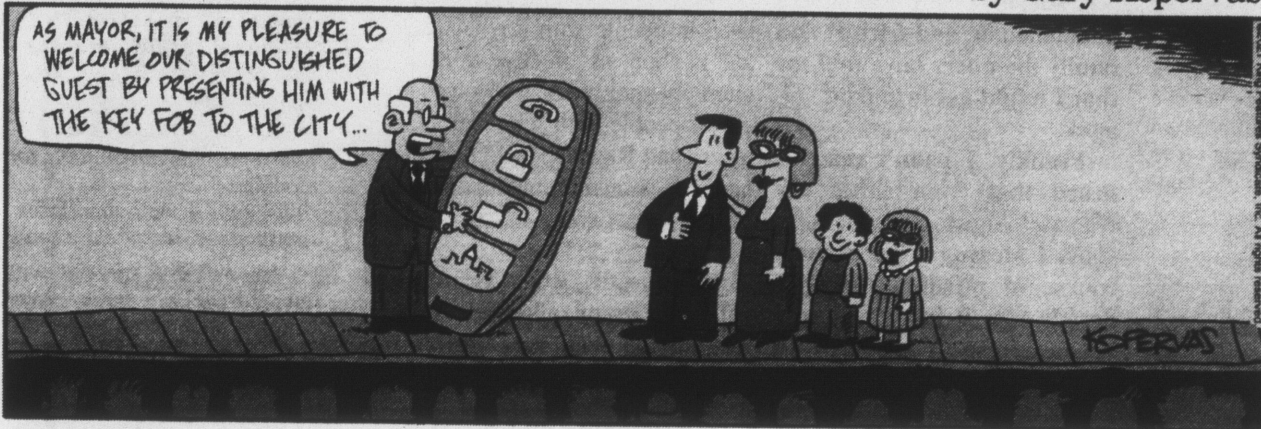
2021



## Amber Waves



## Out on a Limb



## R.F.D.



## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Waver  
LAFTER  
Help  
VERSE  
Thick  
NEEDS  
Rebuff  
LEPER

TODAY'S WORD

"I don't think so. I have to be home by \_\_\_\_\_."

## Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

6	1	3	2	2	4
5	4	1	6	2	1
3	6	6	4	2	5
4	6	5	3	3	3
2	6	1	5	6	3
5	3	2	1	6	2

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## Hyper, Yelping Terrier Is Handful During Walks

### DEAR PAW'S CORNER:

A have a wiry little terrier named "Chip" who is well-behaved inside. However, when it's time for his daily walk, he begins barking nonstop by the door. When I take him outside on the leash, he keeps barking, and pulls hard on the leash. So much so that he almost hurts himself when the collar digs into his neck. Then he'll yelp, as if I had hurt him. It's embarrassing to walk with this hyper, yelping little dog. How can I get him to calm down? -- Charity G., Albany, New York

**DEAR CHARITY:** An energetic dog can be frustrating to handle, but don't lose hope. You can work with Chip to improve his behavior. First, order Chip a properly sized halter online, and use this on walks. A halter will

spread out the contact points across the stronger parts of his little body. This will prevent injury when Chip pulls against the leash. Halters also are much more comfortable; the uncomfortable collar may be stressing him out.

I'd like you to look up a dog trainer in your area who specializes in small dogs, who can be little tornadoes on a good day. Many trainers are adapting their lessons to an online format, so you can meet with them at home over a conferencing app like Zoom or Google Meet.

While you're waiting for that first session, start working on reinforcing Chip's basic behavioral training. Work with him at home on the commands "come," "sit," "stay" and "lie down." During walks, work with him on "heel," "sit" and "stay." These training sessions also will help Chip work off some of that energy, and he'll be thrilled with all the attention he's getting, too.

Send your tips, comments and questions to ask@pawscorner.com.

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## TOP TEN VIDEO, DVD for release week of Jan. 4, 2021

### Video on Demand

1. Unhinged (R) Russell Crowe
2. Wander (R) Aaron Eckhart
3. Home Alone (PG) Macaulay Culkin
4. The Grinch (PG) animated
5. Fatman (R) Mel Gibson
6. Buddy Games (R) Dan Bakkedahl
7. Home Alone 2: Lost in New York (PG) Macaulay Culkin
8. The New Mutants (PG-13) Maisie Williams
9. Love, Weddings & Other Disasters (PG-13) Diane Keaton
10. The Santa Clause (PG) Tim Allen

### DVD, Blu-ray Sales

1. Yellowstone: Season 3 (TV-MA) Paramount
2. National Lampoon's Christmas Vacation (PG-13) Warner Bros.
3. Elf (PG) Warner Bros.
4. The Grinch (PG) Universal
5. The Polar Express (G) Warner Bros.
6. Mulan (2020) (PG-13) Disney
7. A Christmas Story (PG) Warner Bros.
8. Harry Potter: Complete 8-Film Collection (PG-13) Warner Bros.
9. Home Alone (PG) 20th Century
10. A Charlie Brown Christmas (TV-G) Warner Bros.

Source: Media Play News

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## Hitori answer

2	6	1	2	3	5
3	9	5	9	2	
3	6	1	5	6	
3	3	3	5	9	
5	6	4	2	6	
1	4	1	6	2	
4	2	2	3	1	

SCRAMBLERS  
solution  
1. Fatter 2. Serve  
3. Dense 4. Repel  
Today's Word  
ELEVEN



# FUN

## COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Make them or break them, New Year's resolutions are a tool to set good intentions for the year ahead. For instance, one of mine: I resolve to spend more time lounging about on the couch watching movies (hey, it's a pretty easy resolution to keep). If you need some resolution motivation, it's never too late! Take a look at the four major themes below and draw some inspiration, then clip and save this column for late January, when you need some cinematic encouragement to carry on!

### Making Physical Changes

**Heavyweights** features a bunch of kids sent away to weight-loss camp where the new director (Ben Stiller) is too over-the-top. Naturally, the kids stage a coup. In *Gl Jane*, the first female recruit (Demi Moore) for the Navy SEAL program gets incredibly tough — and incredibly buff. Jillian Bell plays Brittany, a woman who takes up running after a routine check-up reveals the damage her profligate existence has unleashed, in *Brittany Runs a Marathon*.

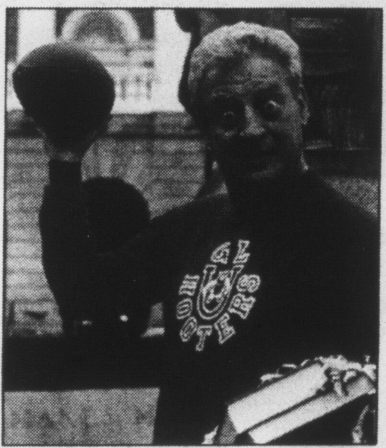
### Going Back to School

In *Billy Madison*, Adam Sandler is heir to a hotel chain, if he can show he actually deserves the diplomas that Daddy bought. To prove he has the smarts, he has to quickly retake every grade. Self-made man Thornton Melon (Rodney Dangerfield) sends his much-loved son off to college, then follows him *Back to School* to make sure he has the full experience. Kevin Hart and Tiffany Haddish square off as student and teacher in *Night School*, in which Hart plays Teddy, an obnoxious salesman who needs his GED in order to keep his lavish lifestyle illusion alive.

### Find Yourself

Mark Wahlberg stars as *Invincible* Vince Papale, a nice guy down on his luck who unexpectedly secures a spot on the Philadelphia Eagles after leg-

endary coach Dick Vermeil announces open tryouts. In *The Secret Life of Walter Mitty*, Ben Stiller plays a sheltered Life magazine photography expert who embarks on an unbelievable journey to connect with a photographer and recover a photo that embodies the magazine's essence. *Eat Pray Love* sends Liz (Julia Roberts) around the world to discover herself post-divorce through indulgence, belief and passion. In *Last Holiday*, a woman (Queen Latifah) believes she has an untreatable terminal illness, so she liquifies her assets and sets off to truly live her best life — at the Grand-hotel Pupp in the Alps.



Rodney Dangerfield in  
"Back to School"

### Finding Love

In *50 First Dates*, Adam Sandler plays a playboy veterinarian who attempts to woo a woman (Drew Barrymore) after a car crash leaves her with no short-term memory. Every day is a new chance to get love right. In *The Photograph*, Mae (Issa Rae) and Michael (LaKeith Stanfield) are steamy lovers chasing down the life story of a legendary photographer. When wholesome tollbooth worker Lucy (Sandra Bullock) saves the life of a dreamboat commuter, she is mistaken by his family as his fiancée in *While You Were Sleeping*. Finally, in *Definitely, Maybe*, Ryan Reynolds stars as Will, a handsome dad recounting his tales of love and loss to his daughter on the eve of divorce.

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## Contract Bridge

### A LITTLE T-L-C

East dealer.  
Both sides vulnerable.

#### NORTH

♦ Q 6 3  
♥ 9 6 4 3  
♦ K 10 4  
♠ 10 9 7

#### WEST

♦ A 9 5 2  
♥ Q 10 5 2  
♦ 9 3  
♠ 8 6 3

#### EAST

♦ K 8 7  
♥ K J  
♦ J 8 6 5 2  
♠ 5 4 2

#### SOUTH

♦ J 10 4  
♥ A 8 7  
♦ A Q 7  
♠ A K Q J

The bidding:

East South West North  
Pass 2 NT Pass 3 NT  
Opening lead — two of hearts.

Some hands require a certain amount of delicate handling if declarer is to get home safely. In these cases, even the slightest slip can cost declarer the contract.

Take this case where West led a heart against three notrump. South took East's king with the ace, led a diamond to dummy's king and returned a low spade, covering East's seven with the jack. It didn't matter whether West took his ace or ducked the jack to preserve his only entry card. In either case, South

would sooner or later make nine tricks.

What did declarer do that was so marvelous? Actually, nothing extraordinary. However, he did avoid two pitfalls, and to that extent he played the hand well.

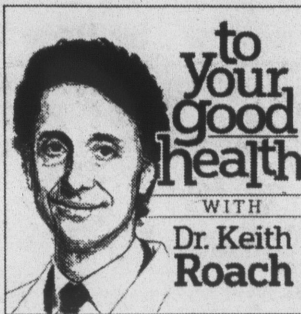
First, South did not make the mistake of ducking the king of hearts at trick one. Had he done that, East would have returned the jack of hearts at trick two, allowing West to overtake with the queen and play a low heart back to establish his ten if declarer ducked the second heart lead. South would then have lost three hearts and the A-K of spades for down one.

Second, South did not make the mistake of leading a spade from his hand at trick two. Had he done that, he would also have failed. East would have won the spade with the king, cashed the jack of hearts and led a spade to West's ace to set the contract.

It is true that South would have made only eight tricks — even the way he played the hand — if East had gone up with the king at trick three when a low spade was led from dummy. However, the reply to this is very simple: How many players do you know who, holding the East cards, would have risen with the king of spades without seeing declarer's hand? If you know such a player, our advice is to avoid playing against him!

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by Steve Becker



## Raynaud's Patient: Can Viagra Help Cold Fingers

DEAR DR. ROACH: I have scleroderma with Raynaud's phenomenon, and friends and family members have told me that I might get help from Viagra.

Frankly, I hadn't read or heard that from either my rheumatologists or dermatologists. I already tried a short course of nifedipine over a decade ago (it just gave me a headache), so I just stick with mechanical means to keep my hands warm in winter and, maybe surprisingly to some, in summer. Believe me, air-conditioned grocery stores are torture from April to October.

-- M.A.P.

ANSWER: Raynaud's phenomenon is an excessive response of the blood vessels in the skin to changes in temperature, and sometimes to emotional stress. While most people will get cold hands and feet when it is cold, a person with Raynaud's can get a drastic response, even to air conditioning or freezer sections of grocery stores. The skin will turn white and then blue, then quite red on being rewarmed. Not everybody goes through all three colors, however.

Raynaud's can exist by itself, but is often seen in the presence of autoimmune conditions, such as the systemic sclerosis (scleroderma) you have. Treatment for Raynaud's is generally the same with or without other conditions. Everybody with Raynaud's should quit smoking and avoid medications that can trigger an attack (over-the-counter cold and flu remedies are the most common).

The mainstay of treatment is avoiding the temperature changes wherever possible, but as you point out clearly, it's almost impossible to do so completely. Putting your hand in a refrigerator or holding a cold drink

can trigger an attack. Many people with Raynaud's learn to keep gloves with them all the time and dress their entire body warmly. An attack can sometimes be aborted by rubbing hands in warm water or getting them into a warm place.

When medication treatment is necessary, a calcium channel blocker like nifedipine is often the first choice. Headache and dizziness can limit effectiveness of this treatment. Studies have shown these medications can cut the attacks by about 50%.

Sildenafil (Viagra) has been used in people with Raynaud's, and is about as effective as calcium channel blockers. However, for people with scleroderma, ulcers and Raynaud's, sildenafil has been shown in small trials to be very effective.

\*\*\*

DEAR DR. ROACH: My wife has many allergies and asthma, as well as frequent migraines, about two or three a month. A family friend has been using Aimovig for the past six months with no migraine symptoms. What can you tell me about this relatively new drug? We're concerned that the side effects may interfere with her asthma, or any other negative drug interactions. -- M.S.

ANSWER: Erenumab (Aimovig) has been recently approved for migraine. In the initial study, it reduced the number of migraine days from 8.3 to 4.6 per month. As an injection, it may cause pain and swelling at the injection site, and has also caused some people constipation and muscle cramps. There are very few drug interactions, and I found no indication that it should make asthma worse.

Your family friend has had a much better result than most of the people in the study, and there is no guarantee your wife will do as well. I am awaiting further long-term studies before recommending this class of migraine treatments.

It is given once per month, and costs about \$600 at goodrx.com.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).

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## Puzzles4Kids

by Helene Hovanec

### RIDDLE SEARCH - LET'S GO SKIING!

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What do you call a slow skier?

BINDINGS  
DOWNHILL  
GOOGLES  
HAT  
HELMET  
LIFT  
LINES  
LODGE  
MITTENS  
MOGUL  
MOUNTAINS  
PANTS  
SAFETY  
SCHUSS  
SEASON  
SKI SCHOOL  
SNOW  
TOW  
ZONES

D	O	W	N	H	I	L	L	L
S	S	A	F	E	T	Y	O	I
N	P	A	S	L	L	D	N	F
I	O	A	P	M	G	E	E	T
A	Z	O	N	E	S	P	T	A
T	S	N	E	T	T	I	M	W
N	O	S	A	E	S	T	O	W
U	B	I	N	D	I	N	G	S
O	S	C	H	U	S	S	U	O
M	K	E	G	O	G	G	L	E

Riddle answer: \_\_\_\_\_

## Comfort foods

Made fast  
and  
healthy

by Healthy Exchanges

### Mexican BBQ Steaks

This ultra-easy (and healthy) steak dish really pleases the men in our families. Maybe it will in yours, too!

- 4 (4-ounce) lean tenderized minute or cube steaks  
1 (8-ounce) can tomato sauce  
1/2 cup chunky salsa (mild, medium, or hot)  
Sugar substitute to equal 1 tablespoon sugar, suitable for cooking  
2 teaspoons dried onion flakes  
1 teaspoon Worcestershire sauce

1. In a large skillet sprayed with butter-flavored cooking spray, brown meat for 3 to 4 minutes on each side.  
2. In a medium bowl, combine tomato sauce, salsa, sugar substitute, onion flakes and Worcestershire sauce. Spoon sauce mixture evenly over meat. Lower heat, cover and simmer for 15 minutes or until meat is tender. When serving, evenly spoon sauce over meat. Makes 4 servings.

• Each serving equals: 217 calories, 5g fat, 36g protein, 7g carb., 603mg sodium, 1g fiber; Diabetic Exchanges: 3 Meat, 1 Vegetable.

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1. "From This Day" appeared on which Machine Head album?
2. Who were the eight artists who jointly recorded "I'm Gonna Make You Love Me"?
3. Name the person who has won the most Grammys.
4. Where did the Tornados get the name "Telstar" for their 1962 instrumental?
5. Name the song that contains this lyric: "We'd laugh and we'd sing and do funny things, And it made our hearts glow."

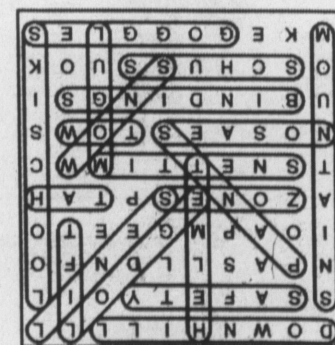
### Answers

1. "The Burning Red," released in 1999. Despite being called a "sell out" for the band's change in direction, it was their second-best-selling album.
2. Diana Ross & the Supremes and the Temptations, in 1968. Released at the time of their television special, the song shot to No. 1 within three weeks.
3. This is a tough one: the answer is Georg Solti, a Hungarian-British conductor with 31 awards. He's followed by Quincy Jones (28) and Alison Krauss (27).
4. Telstar was a television communications satellite. It's still up there, but no longer transmits.
5. "Only Sixteen," by Sam Cook in 1959. The more successful version was released in 1975 by Dr. Hook. The song tells of teen love from the viewpoint of a 16-year-old boy.

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A slope poke.

Riddle Answer:



Answer

J  
A  
N

7

2  
0  
2  
1







# 4,500 Coronavirus Cases Reported Here Last Year

Cont'd From Page 1

Dec. 31. The average daily incidence rate per 100,000 residents over the past two weeks was 50.6 as of that report and the positivity rate during that same period stood at 6.7 percent. Cities and towns of Quincy's size are considered red communities if they average more than 10 new cases per day per 100,000 residents over two weeks and their positivity rate is equal to or greater than 4 percent.

Quincy first moved into

the red on the Dec. 10 community report after having been a yellow community. Quincy would become a yellow community once again if the daily case rate drops below 10 per 100,000 residents or if the positivity rate dips below 4 percent.

Jones said an average of 50 to 60 new cases have been reported in Quincy each day in recent weeks. Cases began to rise shortly after Thanksgiving, she said, and will rise again because of the December holidays.

"We expect to see more cases because of Christmas and New Year's," Jones said.

A majority of new cases

in the city are from household spread, she stated; three to five people within the same household will all test positive for COVID-19.

The first COVID-19 vaccines — one manufactured by Pfizer and the other by Moderna — were authorized for emergency use by the Food and Drug Administration in December. Both require two doses given about a month apart.

Jones said it would likely take until the summer to vaccinate enough people to reach herd immunity. Until that time, residents need to keep taking steps to stop the spread of the virus, such as social distancing, wearing masks, and practicing good

hygiene.

"People think it will be instantaneous, but it won't be," Jones said. "People need to follow the guidelines."

The state is using a three-phased approach to vaccinate all eligible residents over the next several months.

Health care workers, residents and staff at nursing homes and other long-term care facilities, and first responders are among the groups eligible for vaccination in the first phase. Individuals with certain comorbidities, those over the age of 65, and essential workers will be eligible in the second

phase, which could begin next month, and the general public would have access in the third phase, which could start in April.

Jones said the city partnered with Manet Community Health Center to begin vaccinating firefighters and police officers starting last week. Manet can administer the vaccine to up to 60 first responders in a day, she said, and it could take up to two weeks to provide the shots to the more than 500 members of those departments.

CVS and Walgreens also began offering the vaccines to the residents and staff at nursing homes and other

long-term care facilities last week. The two pharmacy chains are administering the vaccine within long-term care facilities under a partnership with the federal government.

Jones said it remains too early to say if the city could host vaccinations clinics for other groups, including the general public, once they are eligible for the vaccine.

"We're waiting for guidance from the state for that," she said.

Jones plans to get the vaccine once she is eligible to do so.

"When it is my time to get it, I will get it," she stated.

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## 'All Souls Day: A Forgotten WWII Battle' Topic Jan. 14

On Thursday, Jan. 14 at 7 p.m., in a Quincy Historical Society online program, journalist and Quincy resident Joseph Pereira will discuss his new book "All Souls Day," the story of a little-known, catastrophic World War II battle and the unknown fate of an American battalion.

The Battle of Hurtgen Forest, fought in early November 1944 on the Belgian-German border, was the worst defeat the United

States experienced in the war in Europe. In the disordered aftermath, the fates of numerous American soldiers remained unknown. Their families searched for answers over two generations. The battle itself was largely overlooked by historians until recently.

Pereira's account focuses on the battle and on the stories of the soldiers and their families and the impact on family members' subsequent lives. It examines

both military strategy and the nature of grief and of the courage of ordinary people.

Investigative journalist Joseph Pereira was part of the Wall Street Journal reporting team that won a Pulitzer Prize for its coverage of the 9/11 attacks. He has taught journalism at Emerson College and Bos-

ton University and has won several awards for his investigative work. He wrote "All Souls Day" with John L. Wilson, the nephew of one of the men lost in the Hurtgen Forest battle.

Copies of "All Souls Day," autographed by Pereira, will be available in return for a contribution to

Quincy Historical Society.

Everyone is welcome to attend this virtual meeting.

A link to the meeting is posted on the Historical Society website, [www.quincy-history.org](http://www.quincy-history.org). The information can also be requested by emailing [info@quincyhistory.org](mailto:info@quincyhistory.org).

## First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has online remote worship service and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "True Gospel" (1 Cor 15:1-4); reader will be Tom Fagan.

Online dial-in/web meeting weekly schedule:

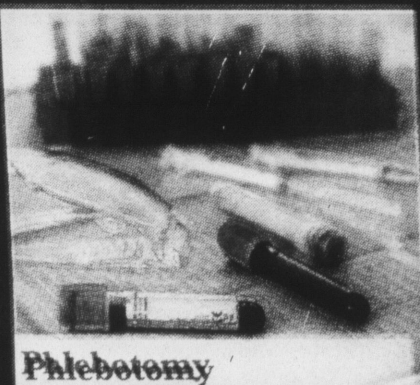
- Sunday, 10:30 a.m. Sunday Worship Service
- Wednesday, 6:30 p.m. Community Group Meeting - Gospel of John
- Thursday, 6:30 p.m. Bible Class - Epistle of Paul to Romans
- Friday, 11 a.m. Prayer Group Meeting

For those who want to go to church and attend the Sunday service, make reservations for each and every week by dialing 617-472-0824, if needed leave a message.

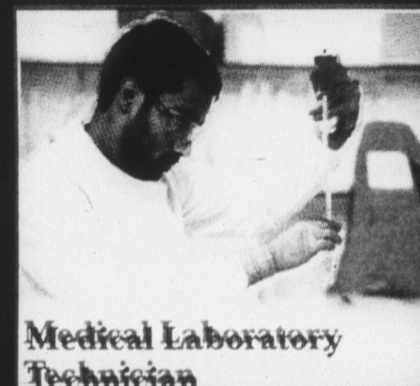
For the online Sunday worship service, go to [www.firstbaptistchurchofwollaston.org/](http://www.firstbaptistchurchofwollaston.org/) for the conference call number.

## QUINCY COLLEGE

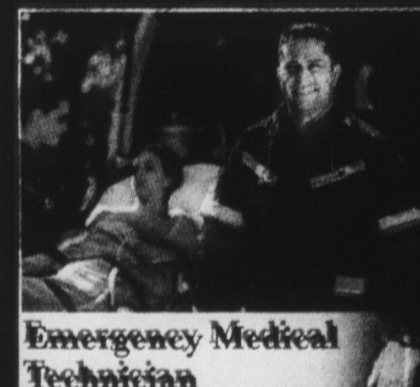
### Become a Healthcare Hero!



Phlebotomy



Medical Laboratory Technician



Emergency Medical Technician

Spring online classes start January 20th, 2021.

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Find your fit in one of our allied health programs this Spring

It's not too late to register for classes!



Contact:  
Quincy College Admissions  
[admissions@quincycollege.edu](mailto:admissions@quincycollege.edu)  
617-884-1710

## Downtown Construction Activities

Proposed work activities for the week of January 3rd, 2021



- Work continues along the face of 25 Temple St on Washington St for the new building foundations. The sidewalk along Washington St remains closed during construction with the continued pedestrian detour. Contractors will continue preparing the building for the new prefab section that will be placed above in the next few weeks. Businesses in this area remain open during construction. Please follow the temporary pavement markings on Temple St and Washington St.
- Construction of new concrete sidewalks will continue this week along Hancock St. The sidewalk construction remains between Albas restaurant to the west of the Chestnut building. The contractor will finish setting granite curbing and began preparing subgrade. Business remains open during construction.
- The contractor at the General Bridge project will continue construction to the new concrete walls on either side of the bridge and continue backfilling below the future roadway and sidewalks between the walls.
- The contractor at the General Dunford Drive project will finish installing planter and park pavers within the pocket park. Pedestrians should cross the street at the crosswalk before this area along Hancock St. Temporary barriers remain on Hancock St for traffic re-alignment while the project is being constructed.
- At the McConville Way project the contractor will continue construction of the north and south streetscape along the new roadway. This work will include the continued installation of new planter curbs, new light pole bases, curbing, irrigation sleeves, secondary electrical conduits, and preparation for new concrete sidewalks on both sides of the road. The reconstruction of the existing alley adjacent to South Shore Health and New England Comics/BAMSI will continue this week with forming and pouring the mud slab below the future pavers. The contractor will be installing new electrical conduit along Walter Hannon Parkway to Parkway and will be installing new granite curbing on Granite St. In both areas the right lane will be closed during construction and traffic will merged into a single lane.

(The photo on the above left shows the contractor installing a new water quality structure within the future park. The photo on the above right shows the forms used in the cast in place concrete retaining wall adjacent to Cliveden Place building.)

<http://www.quincyhistory.org> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4046 or email at [patrickmccarthy@quincyhistory.org](mailto:patrickmccarthy@quincyhistory.org)

J  
A  
N

1  
4

2  
0  
2  
1